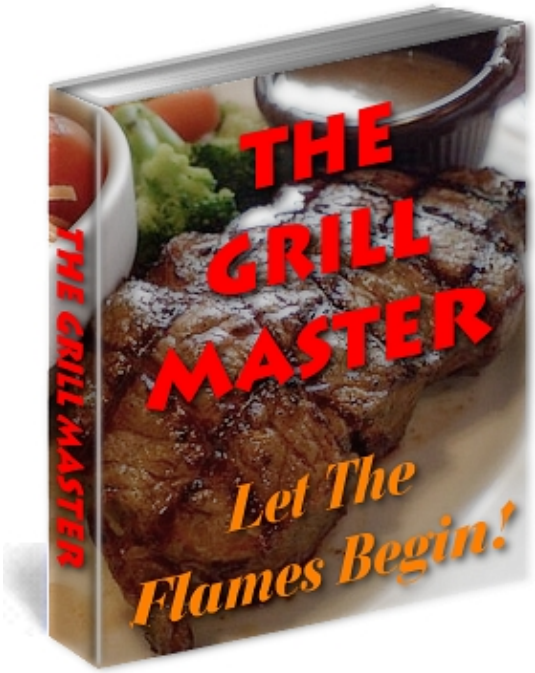

The Grill Master

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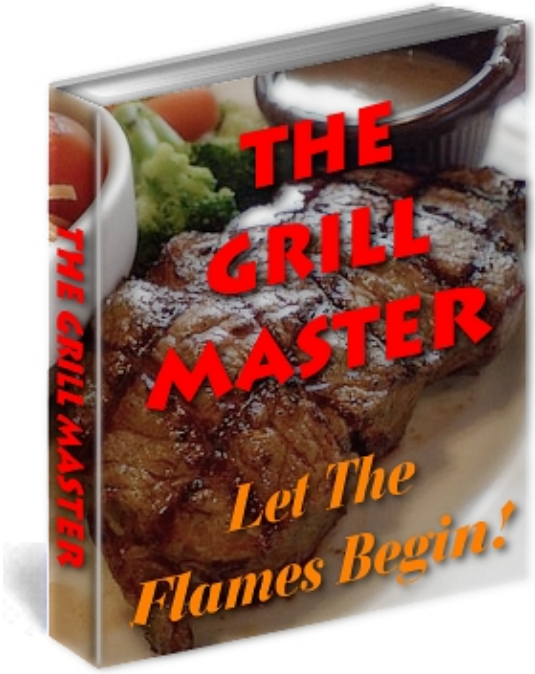

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– – – Charcoal Facts

Henry Ford, always looking to turn a quick buck, noticed a large amount of this money was being wasted on wood used in the manufacturing process of his model A cars. Looking for someway to use this wood profitably, he hit upon the idea of making charcoal briquettes. The process of making them was easy and cheap and he could sell them to steel mills and anyone else interested in using them. Very quickly people started using them for heat and cooking. And hence the modern charcoal grill was invented. Well, not really that simple, but Ford certainly helped make outdoor charcoal cooking simpler and easier.

Ford, did not, however invent charcoal. He just came up with a better way to make it, if by better you mean more cost effective. Charcoal made in this way is made from sawdust, typically left over from the milling of wood. It is then mixed with a glue and formed into cute little blocks and fired in a furnace. Most of the glue burns off in the firing, but purists will tell you that some is always left over and that it can add it's own flavor to whatever you are cooking. Some charcoals are now sold as self lighting. Meaning that they have a lighter fluid already added. This can also add it's own flavor to food. To get away from these additives you need to spend so extra money and get charred wood blocks. These are made, usually from an expensive hard wood, cut into small blocks and then fired to a nice charcoal state. Or you can make your own charcoal.

Charcoal has been made throughout the world for thousands of years. The usual process is to pile long pieces of wood in the shape of a large cone. Bury the wood with dirt, leaving a chimney hole at the top and a few air hole at the bottom. Light the wood from the bottom and let burn for several days. This is a long and slow process, but to yield charcoal and not ash you need to burn the wood very slowly and thoroughly. As you might guess this is an art form. Once the wood is burned to a good charcoal state, cover all the holes and let it cool. If you do it right you should get about 20% of the wood back as charcoal. Sound hard and unrewarding? Well it is, but before coal mining became a industrialized and practical process, it was about all people had to work with.

So what do you do if you don't want to spend a lot on charcoal, but you're not quite up to the task of making your own? First, don't buy self lighting charcoal. Second, light your charcoal in a charcoal chimney or similar device. This uses newspaper instead of lighter fluid and also allows you to light and add charcoal to your fire without adding fluid to the grill. This

follows the rule of never, and I mean never, add lighter fluid to already lit coals. Not only can it be dangerous, but it'll give you food that tastes like lighter fluid. Third, always allow your coals to burn to a complete ashy surface before you start cooking. This ensures that any glues and additives are burned off before you start cooking. The draw back on this is that one of the better tips to doing a long smoke with charcoal is to only light about half the charcoal before you start the smoke. Over time the hot coals will start the unlit coals burning and stretch out your smoking time. To get around this, invest in a coal bucket or some other heavy metal container. Once you start losing heat you can dump out the burning coals and start a fresh batch while you keep the food warm in the oven. Or you can just get the solid wood stuff.

– – – Grilling With Charcoal

We combine charcoal and wood grills together because when done properly, they create the same intensity of flavor and effect. Charcoal is basically ready to light and go. Wood, on the other hand, needs to be burned and reduced to coals BEFORE it is used for cooking food. The reason why wood needs to be burned down first is due to the fact that there are certain resins and impurities that taint the food and cause it to become bitter and less than desirable. Otherwise, charcoal and wood function in the same manner. For the purpose of this section, we will refer to both as charcoal.

We lovingly refer to "Grillers" as our "Type A" folks. They are in a hurry and don't particularly enjoy waiting for the food to be cooked. They are hungry and want to EAT now! So, since these types of folks are in such a hurry, we shall not dally...

A charcoal grill uses charcoal or wood as it's primary means of delivering heat. Additionally, the meat resides directly over the fire.
And there are many to choose from. For the most part, it makes little difference which one you choose. Remember, you are just beginning don't need anything real fancy. So, don't go out and blow a bundle. Start with something simple. Some choices would include a: Kettle Grill, Box Grill, Barrel Grill, Drum Grill, etc. Most of these grills can be had for $29.00 to $100.00 − a small price to pay for excellent entertainment.

Make sure the grill chosen has sturdy legs! Meat seasoned with dirt will not make a hit with your friends! Also make sure that it has an adjustable cooking surface. When the fire is too hot or cool, you will be able to raise or lower the meat accordingly.

Insure the grill has an easy means of adding more charcoal if and when necessary. Some grills require removing the meat in order to add additional charcoal. The grill should also have a lid with holes in the lid for ventilation. Closing the vents in the lid is only used toextinguish a "run−away fire".

The body of the grill [where the charcoal resides] should also have adjustable holes in either the bottom or in the sides to allow controlling the amount of fresh air into the chamber [when the lid is closed] so that the fire can continue to burn adequately.

There are basically several to choose from. Two to be exact − briquettes and non−briquettes or rough charcoal. But basically, the charcoal briquettes

are more dense and will burn more evenly and longer. They may not have all the flavor of the rough charcoal. Rough charcoal, on the other hand, will burn hotter and shorter. It just depends upon what type of cooking you may want to do.

FIRST, NEVER EVER USE GASOLINE TO START ANY TYPE OF FIRE! The old boy scout twig method is great for camping, but slows the process way down for grillers! First, there is the tried and true lighter fluid method, a petroleum based product. Lay the charcoal out in a flat method in order that all the charcoal is coated with lighter fluid. Then stack the charcoal into a pyramid fashion and coat once or twice more. Allow about one minute to put the remainder of the lighter fluid away. Then light the bottom of the stack and watch it take off. Allow about 30 to 45 minutes for the petroleum vapors from the fluid to burn off. By then the charcoal should have a light coating of gray ash on it. If so, you are then ready to begin.

Second, a charcoal chimney will initially start the fire slower, but you don't have to wait for the fluid to burn off. Place paper in the bottom of the chimney and fill with charcoal. Light the paper and about 15 minutes it should be ready to go. Pour the red hot glowing charcoal into the grill body and get ready to go to work! A large coffee can serve the same purpose, but it has no handles and care must be taken to avoid burns.

AGAIN, NEVER EVER USE GASOLINE TO START A FIRE OF ANY KIND!

Now that we have our grill selected and lit, we are ready to begin the process of outdoor cooking. Get ready to fend off the neighbors when the food begins sizzling and smelling up the neighborhood!

Plan your meals − decide at least several hours ahead of time what the menu will consist of. Meat, veggies, appetizers and dessert. Do the shopping early and have each item planned and set out for easy access. Season the meat and allow it to sit for at least an hour before cooking begins. Beverages are an important part of any cookout . . . so make sure the favorites are within reach at all times.

"What" is to be cooked is not nearly as important as is "how" it is cooked. A juicy hamburger is better any day than a char−dead steak! So, our objective, as well as our intent, is to teach each person to cook anything and everything. We will let you determine which recipes seem appealing and we'll show you how to cook it!

The required temperature of the grill will vary depending upon the selection

of food. Use a thermometer. For example, fish will need a medium fire −350 to 400 degrees while a steak will need a hot fire 700+ degrees. Here are some rough ideas for your use:

Fish Use a medium fire. Fish should be close to room temperature before cooking. Coat the fish with a light coating of oil and turn often. Remember, fish cooks easily and quickly. To determine when fish is done, use a fork and attempt to break it apart in the thickest portion. It should flake easily. If not, then cook on . . . .

Chicken Use a medium/hot fire. Chicken should be close to room temperature before cooking. Place the seasoned chicken on the grill and allow to brown on the first side and then the other. If the fire is hot enough, the chicken will seize the cooking grate at first and then release when it is ready to turn. Chicken will be done once it reaches 165 degrees F. Use the bi−therm instant thermometer to verify it is done.

Pork Chops Use a medium/hot fire. Pork and Lamb Chops should be close to room temperature or a little cooler before cooking. Cook similar to chicken. Pork is done when the internal temperature reaches 145 degrees. There may be some pinkness, but all undesirable are killed at 137 degrees F. Do not cook over 155 degrees F. as you will then guarantee a dry, tough piece of meat.

Steaks Use a hot fire! The temperature of a steak before cooking may vary somewhat. Our preference is to select a smaller diameter yet thicker (3/4 inch) piece of meat. This allows for proper charring of the outside of the meat, but still retain a juicy interior. These are the type of steaks seen in favorite steak houses. If for some reason a thinner steak is being used (1/2 inch), cool the steak down to where it is firm, but not frozen solid. This will provide for charring on the outside while the inside is spending most of the time just thawing. The result will be a charred outside and juicy inside!

Always use the bi−therm instant read thermometer to determine when the meat has reached the desired doneness.

Always allow the coals to die down to the point of touch and then move them to a safety container − an empty steel container works nicely. When the ashes are cold, they may be trashed or placed in the garden. If coals are allowed to remain in the grill, their corrosive nature will eat away at the grill and destroy it much earlier than otherwise.

As for the grates, again let the grill cool. There are two ways to do this.

. . . First, simply take a steel wire brush and vigorously brush/scrape all of the cooked on food off the surface. Then use a paper towel to remove any loose material. Secondly, before you begin to cook the next time, heat the grill to high temperature to cook the food off. You can then simply brush the food off easily.

– – – Grilling With Gas

We separate gas grilling from charcoal and wood grills because, really, they are two different animals. Gas, unlike charcoal and wood derives its source from propane, butane or natural gas. For the purposes of this presentation, we will treat all as simply "Gas". We should note, however, that modifications need to be made to a propane/butane grill before it can function properly using natural gas.

Alright now, let's address you 'Type "AA" folks' who like to "light and run". Not only do you folks want to eat quickly by grilling, but you are also in a hurry and don't want to waste any time waiting for the coals to get ready. In contrast to the Charcoal folks, a gas grill offers convenience above everything else. Simply turn on the fuel near the bottle, raise the lid, turn on the gas valve on the grill and light the match! There, you have received the complete course. BUT, of course, there is more to turning out great food than that.

As we move along our journey to getting started using a gas grill, you will notice that we never refer to cooking barbecue on a gas grill. The reason is that to cook barbecue, one needs to use charcoal/wood coals cooking over long periods of time (6 to 12 or more hours) in dry heat. Obviously, gas grills will not work in this manner.

And there are many types of gas grills which to choose from. For the most part, there are only two basic styles. First, forget the fancy options. Beginners should concentrate on performance over convenience. We say that, because we are simply sticking to the basics here. The primary choices should center around Size, Construction and Performance. Size: Choose a grill which is large enough to cook for a relatively nice size party. Once you get the hang of outdoor cooking, you are going to want to invite your friends, and heaven forbid, your relatives over for some great food. So choose a grill that will handle the action. If you choose a grill that is convenient just for you and your significant other, then what are you going to do when I come over and want to eat too? Besides, a gas grill is always capable of cooking smaller quantities just nicely.

Construction: Gas Grills come in many different sizes and shapes. Additionally, they come in several different types of materials. Stainless Steel, Solid Steel and Cast Aluminum. We choose not to discuss the ones constructed out of sheet metal, unless price is more important that longevity.

Our first choice is split between stainless steel and cast aluminum. Both of these materials resist rust, corrosion and general deterioration. Both will offer you long life and superior performance. You be the judge.

Performance: This is sort of a "catch all" category. Look for a grill offering at least dual (2) separate burners, and capable of generating at least 35,000 Btu's. If you cannot generate enough heat, you will be sorely disappointed in the performance. It is easier to get the head down instead of simply wishing that you could increase the heat. Also, we recommend portability. This offers the ability to move in under the shed from the weather, be it pouring rain or blistering heat. Lava rocks, flavored briquettes, metal deflectors . . . . . basically, they all serve the same purpose, some better than others. One, they prevent fat from the meat reaching the flames which in turn create infernos inside your pit, and two, they offer a radiating of heat which helps cook more evenly. The best idea we have seen are thick full deflecting shields which cover the entire flame (not just a portion which can find the flame) and are thick enough to radiate some good even heat.

The rest is window dressing and depending upon the depth of your pocket book. You be the judge on accessories. Remember, you don't need anything real fancy. So, don't go out and blow a bundle. Start with something simple. Prices will vary from $200 to $1000 and more. I believe a good quality grill can be purchased for $300 to $400 that will last 10 to 15 years with proper maintenance and care. Good luck!

FIRST, ALWAYS KEEP THE LID RAISED WHEN LIGHTING THE GRILL! AND FOLLOW THE INSTRUCTIONS IN YOUR USER'S MANUAL.
The reason we want the grill lid to remain open is due to the simple fact that if there is a ton of gas in an enclosed chamber, and you place a match in it, you aren't going to be around here any more.
Hint: If it is real windy, have someone hold up a shield of some kind or move the grill to an area where it is less windy to keep the wind from blowing out the flame or match. Do not light or use in an enclosed area!

Simply put, 1) raise the lid of your gas grill. 2) Turn on the gas at the propane tank. 3) Turn on one of the gas burners on the grill. 4) Press the auto light button if your grill has one. If there are holes in the bottom of your unit, then you can stick a match near the burner from that position. If not, then use a long match from the top. If that is not available, throw a match in near the burners. Once the burner has been lit, then turn on the other one or two burners. Allow the entire grill to burn for about 5 to 10 minutes on high. This will burn off any remaining food and grease

accumulations on the diffusers below. Once the smoke subsides and it appears to be burning smoother and cleaner, then you can turn the burners back down to low and get ready to do some cooking! REMEMBER, ALWAYS KEEP THE LID RAISED WHEN LIGHTING THE GRILL!

Now that we have our gas grill selected and lit, we are ready to begin the process of outdoor cooking. Get ready to fend off the neighbors when the food begins sizzling and smelling up the neighborhood!

The actual cooking on a gas grill is not that much different than with a charcoal grill with one exception. A gas grill has the tendency to get too hot. To alleviate the problem, you can try two alternatives. First, since many grills will not allow you to turn down the flame any lower, try to turn down the amount of gas on the propane tank itself. You should be able to get it quite low. If this doesn't work, then take a piece of wood or metal and place it between the lid's top and bottom thus forcing the lid to stay open and let some of the excess heat out.

Many want to know "Do I cook with the lid open or closed?". Well the answer depends upon what you are cooking. For the most part, when the lid is closed, then you are going to be cooking a little faster than with the lid open. A closed lid retains the heat and thus allows higher temperatures to accumulate. If the meat it thicker, like a brisket whole chicken or even a pork shoulder, then the best way would be with the lid closed. (Remember to hold the lid open if necessary to adjust the heat levels.

Our experience indicates that most users of gas grills have a tendency to have the lid closed when cooking. Well, ... we're not sure that is the best way to grill foods. For example, how many times have you been to a outdoor fair or even a restaurant and seen the lid closed? Some, I'm sure. But the great majority have the lid open and they simply stand there turning the meat as it cooks and letting both sides experience the flame. Except with the possibility of delicate meats such as fish, we recommend keeping the lid open. This allows the meat to be grilled on each side the exact amount of time you desire and will keep the meat from being cooked too fast with temperatures that are too hot.

In between size of meats, such as whole turkey breasts and chicken quarters, then perhaps try it both ways and see what works best for you. Remember, you are grilling with hotter temperatures and not barbecuing. Therefore care needs to be taken to prevent over cooking and cooking too rapidly . . . . therefore our recommendation for mostly open lid cooking.

To clean a gas grill, simply turn the burners on high and allow them to burn the excess grease and food from the grates. Usually if turned on high, the burners will remove most particles in 5 to 10 minutes. You can then take a wire brush and brush the steel grates so that they are clean. On the ceramic grates, follow manufactures' recommendations. If you do not have such recommendations, then use a damp cloth and wipe them down clean.

As for the grates, again let the grill cool. There are two ways to do this. . . . First, simply take a steel wire brush and vigorously brush/scrape all of the cooked on food off the surface. Then use a paper towel to remove any loose material. Secondly, before you begin to cook the next time, heat the grill to high temperature to cook the food off. You can then simply brush the food off easily.

– – – Smoking Basics

The modern method of smoking foods has evolved from a process of preserving. Long before refrigerators and chemical preservatives, smoke was used to extend the shelf life of food, particularly meat. Now days, smoking, as it relates to barbecue is so much more. Smoking adds flavor. It tenderizes. And it turns some of the worst cuts of meat into a wonderful meal.

Most people know about smoked ham, bacon or fish. In the world of traditional barbecue, whether it be Texas or North Carolina, smoking means something else. In barbecue smoking takes anywhere from 1−2 hours up to 20 or even more. To do the really long smoke will require the right kind of equipment.

To smoke something you need a container to hold in the smoke, a source of the smoke, and something to smoke. A smoker can be anything from a hole in the ground to a $2000 smoker. The source of the Smoke is typically hard wood. There have been people who assert that what you burn to make the smoke really doesn't matter. Long time ago there was a guy in Kansas City who claimed that he had fed people in his restaurant ribs smoked with Hickory and some smoked with corn cobs. Supposedly no one could tell the difference. He passed on a while back and the restaurant that bares his name denies that it ever happened. Believe what you will. I myself stick with the traditionally hardwoods like Hickory and Oak, but mostly Apple.

What to smoke is purely a matter of taste. The most popular items smoked by enthusiasts are ribs, brisket and pork shoulder. But don't limit yourself to these. You can smoke just about anything, from nuts to cheese to steaks. However, the process of smoking has grown around cuts of meat that traditionally don't come out well in any other cooking method. A good example of this is Brisket which is very tough and not very easy to eat if you bake it in the oven.

The basics of smoke are as follows. You need to practice good temperature control. Meat smoking is best done in the range of 200−220 degrees. You need to bring the internal temperature of the meat to at least 165 degrees to be safe for consumption, but you don't want to go to far above this. I recommend two accurate thermometers for smoking. One inside the smoker in the area where the meat sits to tell you the smoker temperature and one meat thermometer in the meat to tell you the internal temperature of what you are smoking. Whatever it is, take it out when it hits a safe temperature.

There are two reasons to keep the temperature low. One is to give the smoke

enough time to sink in and the other is to naturally tenderize the meat. Slow cooking gives the natural fibers in meat time to break down and become tender.

Another basic rule of smoking is to place the meat inside the smoker so that it is surrounded by smoke. You want a good thick cloud of smoke around the meat at all times to give it the kind of exposure you need to enhance the flavor.

The last thing to remember is that smoking is far more an art than it is a science. Practice and patience are the secret.

– – – Low Fat Grilling

Want to cut down on the fat in your diet? Try grilling. By letting the fat melt out of meats and drain away, you can reduce the fat in any meat dishes. To help this process along, trim excess fats from meats before you grill them. Also if you like to leave a little strip of fat, make cuts across its surface to help the fat melt out a little. A little fat will help maintain moisture while you grill so you should be careful to keep food from drying out completely.

One good way to avoid the drying problem is to do a fat swap. For example when grilling chicken breasts remove the skin and any fat you find. Then lightly brush the breasts with canola oil or some similar oil, low in saturated fats. This trick will work for any meat you might want to grill.

Another way to reduce fat on the grill is to select the right kind of foods. When selecting meats try to pick pieces with as little marbling as possible. Marbling is when the meat has grains of fat running through it. Not very easy to trim off. Good meat selections are chicken breasts, pork tenderloin, and lean steaks. With a lot of meat you can get a pretty good idea of the fat contain simply by looking at it.

The next tip is to reduce the amount of fatty foods and increase the amount of low or nonfat foods in a dish. Instead of cooking up a big juicy steak with a wide strip of fat try getting a couple of small lean steaks and mixing them up with vegetables and/or pasta. You can get very creative making up dishes that spread the fat very thinly.

The last idea on keeping out the fat is marinades. Marinades help keep foods moist while you grill. Instead of using a lot of oils in try making marinades using vinegars. Vinegar is a better marinade base anyway. It helps deliver the flavor deeper into meats and doesn't cause flare−ups.

Grilling is a great way to cook with less fat. But just because a meal is grilled instead of fried or baked doesn't mean it's automatically lower in fat. Remember a couple of good rules to reduce the fat in the foods you grill.

Rule 1: Buy less fat. When selecting foods at the store buy things already lower in fat, like lean ground beef or chicken breasts instead of whole chickens.

Rule 2: Trade high fat for low fat. Remove animal fats from meat and brush

lightly with an extra virgin olive oil. You get the moisture and flavor without the fat.

Rule 3: Grill with flavor. Spices have no fat so use them liberally to add flavor and make any dish taste anything but low fat.

Rule 4: Use more vegetables and less meat. Take out some of the meat from any dish and make up for it with vegetables.

Rule 5: Slice meat to make it seem greater. Instead of serving up a whole steak, try cutting it into thin slices before you serve it. Remember appearance has a lot to do with how satisfied you feel.

Rule 6: Choose the leanest cuts of meat. Try a pork tenderloin instead of a pork chop.

Rule 7: Buy a low fat cookbook. You would be amazed at the number of recipes that are low fat, and not just spicy chicken breasts. Get a good low fat cookbook to inspire your cooking.

Rule 8: Make the most of rice or pasta: Serve up your entree on a bed of rice or pasta.

– – – Grilling Hamburgers

More affronts to good taste have been committed in the name of hamburger than in the name of art. "Hamburger" is as wantonly applied to the rubbery disk of mis−begotten menagerie meat and adulterants served in fast food houses as is to an aptly appointed artwork of a master griller working with premium ingredients. A thick ration of heavy, aged ground beef, masterfully grilled, and sheathed in generous slices of dense, fresh bread is magnificent, unadorned. With a little horseradish, piquant mustard and romaine lettuce, it can traumatize a rabid vegetarian.

When Leonardo set out to paint Mona, he didn't use wax crayons. Ground beef is pigment which can be used to create a Mona Lisa or an obscenity. If you plan to do a Mona, choose your pigment carefully. Select meat specifically for hamburgers. Proper meat for hamburger is freshly ground heavy, aged, lean beef. "Extra lean" lacks enough fat for flavor and texture and falls apart on the grill; "regular grind" fades away to become a mere memory of itself. It also causes flame−ups.

Select a nice chuck roast and, if you do not grind your own, have the butcher trim and grind it for you. Then you know the flavor, freshness and meat/fat ratio to expect. Several other cuts are tasty, but chuck is my favorite for hamburgers. Sirloin, rump and round will also work. If it has a bone, save it for stock. If the butcher is unable or unwilling to custom grind and time is short, choose the freshest (pale red) package of ground lean meat. Find another meat market before you buy again.

A meat grinder or grinding attachment on your mixer or food processor is a worthwhile investment for your kitchen. It puts you in control of quality, and, with ground meat, freshness is essential to quality. It also means that your ground meat is not going through a grinder which has just run a ton of meat of questionable character. Personally, I never buy ground meat, but grind, at home, the meat I use. You can also trim roasts and grind the small pieces to save and cook later. The ability to grind other foods makes the grinder a handy kitchen implement. Get the sausage stuffer attachment, also. Think of brats, Italian, kielbasa, chorizo and other tasty stuffed items. Among other uses, it stuffs manicotti.

If you don't make your own, find some good bread. The undercooked froth of bleached wheat flour posed as hamburger buns lacks flavor, nutrition and texture − unpalatable even to discerning bread mold. Suitable bread must, first of all, maintain its integrity while supporting a juicy hamburger. Bread should pleasure the eye like a plump Rubens nude and seduce the nose

with promises; reveal sensual texture and give earthy sustenance. Choose any proper size, hefty rolls which tempt you or a loaf of hearty bread to be sliced into supporting roles.

Choose greenery and condiments to complete the scene that your palate has envisioned. Iceberg lettuce has only crunch and pallid color; try a lettuce of substance, fresh spinach, cress or chard. Fresh, curly mustard leaves are a piquante surprise. Grated horseradish, mustard of choice, mayonnaise, sliced tomatoes and sweet onions, with perhaps grated cheese, sliced dill pickles and Greek peppers on the side, ought to do nicely. Remove catsup and "steak sauce" from the premises.

Now another flavoring opportunity presents itself. "To season or not to season?" is the question. Shoot them straight for a few times − no seasoning in the meat before broiling. (I never salt before broiling.) Shape the meat into firm patties to fit your bread and about 3/4" thick and of even thickness. Allow to warm to room temperature. Fire up the grill.

When all the trimmings are prepared, the grill should be right, with charcoal glowing red and the heat so intense that you cannot hold your hand within two inches of the grill for more than a couple of seconds. If you are cooking with gas, turn to the highest setting and keep the lid closed until ready.

Gently place the meat on the grill. If the temperature is right, meat will seize to the grill. Do not move or turn the patties until each releases. As soon as they release, turn them. When the second side releases, remove and serve. There should be no flame−up from the lean meat, but if flames appear, close the lid.

The meat will be uncharred on the outside and medium to medium rare on the inside. Juicy and delicious. Cover with condiments and bread and experience a real hamburger.

That's a hamburger! Maybe, not quite a Mona, but even Leonardo did preliminary sketches.

– – – Grilling Hot Dogs

Right after marshmallows, most people learn how to cremate a wiener. The kid who has never burned a hot dog on a little fire outdoors is truly deprived. Hot dogs have the exceptional characteristic that no matter how bad, or how burned or how gritty, one is always good to a kid. God knew what he was doing when he put hunger amongst us.

Hot dogs are reputed the item most often cooked on a grill. Somewhere around four billion pounds are consumed each year raw, boiled or roasted. Those of us in the know, realize that those cooked on a grill aren't actually roasted, they are more likely broiled − and most likely burned.

Because they are so popular, I thought hot dogs deserved a decent dissertation. So I went down to the local commissary and checked out the offerings. Nothing is as simple as it used to be.

In addition to the traditional weenie of ground up pork and beef parts, there are a lot of strangers. Chicken, turkey and soybeans have joined the crowd, along with the beef people's representatives. In the interests of science, I got one of each. All except the soybean, that is. As far as I know, I eat soy beans in tofu and soy sauce − with emphasis on the soy sauce.

My fondest memories of hot dogs are associated with baseball games, where weenies were generally steamed or boiled. Therefore, as a bench mark, I ran the first batch through boiled. My all−time favorite hot dog is a fat weenie, generously slathered with mustard, chopped onions and sauerkraut and bedded down in a bun that stays together long enough to be consumed. This fond flavor was developed in the years when every town with more than two barber shops had a semi−pro baseball team that played on Thursday and Sunday afternoons. That hot dog remains the all−time best fifteen cent bargain. A nickel drink still left enough money from a quarter for a bag of peanuts. (That was after I had walked six miles, each way, to school − through the snow.)

With my benchmark newly polished on the palate, I carefully marked cryptic identification on each variety and invited some friends with sons of immense appetites and indiscriminate palates. I told the parents that I was grilling steaks, waiting until they arrived to clarify that they were "tube steaks".

As a matter of pure research, I also tested a theory that had come to me in the wee hours of the morning − whence come brilliant thoughts that need to

be quickly written down and captured before they escape forever. With the weight of weenie wonders weighing heavily, I had for some weeks entertained the idea of simmering weenies in one of my legendary basting sauces, before putting it on the grill, thereby transforming this close cousin to a road kill into an elegant example of gastronomic ecstasy. Had I not properly fortified myself I would, no doubt, have trembled in anticipation.

But, alas, another bolt of bedtime brilliance bit the boards. First Law of Weenies is, "It is easier to grow pearls inside hickory nuts than to change the taste of weenies."

Not one to falter in the face of foul fortune, I prepared a superb assortment of green woods for subtle flavoring on the grill. Presenting statistically valid samples to carefully controlled conditions, I grilled each lot to perfection. True to tradition, I properly burned some. When done, I cut each weenie in half, to allow precise testing on a properly primed palate.

The results of the tests were clear and decisive. Those who like hot dogs, liked them. The all−beef and the all−turkey varieties got highest marks. Price and promotion proved irrelevant. Everybody was surprised by the variety. Proving the theory that most people just take a bite of whatever is in their hand and keep on talking.

In summary, hot dogs are still a viable victual that most kids and many adults enjoy. They are quick, easy and nutritious. Don't try to improve them.

Keep the temperature lower than for normal broiling. If you drop the temperature to around 300 degrees, have patience and a sturdy grill, you can let the kids do their own. Allow a few extra for the dogs, dirt and burnt offerings. Afterwards, stir up the coals, add more charcoal and relax until the grill is ready to cook whatever you intend to eat.

Philosophically, weenies aren't quite as good as I remembered nor nearly as bad as I expected. Gastronomically, they are not likely to change.

– – – Rubs, Marinades And Sauces

Barbecue cooks have individual preferences about the proper meats and sauces to use, which differ from region to region. The various seasoning methods produce different results, and can be divided into three main categories: rubs−−wet and dry, marinades, and sauces. Following are descriptions of each, along with cooking suggestions and recipes. Although barbecuing is one of the oldest cooking methods on earth, remember that the rules are not set in stone. Use these guidelines as a base, then create some classics of your own.

Rubs

Rubs come in two forms, either dry or wet. A dry rub, sometimes called barbecue spice, is a combination of ground spices and herbs. To use a dry rub, spread thickly over the meat and rub into the surface. Wet rubs or pastes are literally dry rubs that are bound by a liquid, usually oil. Because they cannot be applied as thickly, they are milder in flavor than the dry versions, which makes them good on delicate fish or poultry. The exceptions are the Jamaican jerk pastes which are fiery and strongly flavored even when thinly spread. Besides adding flavor, wet rubs also help keep the meat moist during long cooking periods. Meat is also usually treated with a rub, paste or marinade before it is smoked. These all add flavor, and, in some cases, assist in tenderizing the meat. When using a rub on chicken, be sure to rub it on and under the skin. Allow the rub to soak into the meat, almost forming a crust, before cooking.

Rub ingredients vary depending on the meats for which they are intended. Most rubs contain paprika, black pepper, ground chile, and garlic powder. Salt and sugar are common, although some feel that salt dries the meat by drawing out moisture, and that sugar can burn during cooking.

Marinades

A marinade is a seasoned liquid that contains a tenderizing acidic ingredient such as vinegar, wine, soy sauce, or citrus juice. Marinade seasonings can be a combination of herbs, spices, and even vegetables, but they generally reflect the tastes of the region in which they were made.

Regardless of the ingredient combination, all marinades are used by soaking meat in them to add flavor and to tenderize before cooking. Always follow the directions carefully since some foods, especially fish and shrimp, can become mushy if left in too long. Always be sure to marinate in a

non−reactive pan or a plastic bag.

Sauces

There are regional differences and preferences regarding types of sauces and sauce bases. Southern sauces are typically vinegar and pepper−based, while South Carolinians prefer mustard. In the Midwest and Texas as well as farther west, the sauces are most often tomato−based and spicy. In the far West, fresh herbs and citrus fruits are used.

Additionally, there are Asian barbecue sauces, and some that use alcohol like Jim Beam bourbon or Zinfandel wine for flavoring. Specialty sauces include one designed specifically for game, and another white barbecue sauce for fish and poultry. The chiles in some of these sauces vary from mild jalapenos to fiery habaneros and African bird peppers, as found in Mad Dog BBQ Sauce. However, the tomato and ketchup−based types still outsell all others.

One thing almost all these sauces have in common is a sweetener, which can be sugar (white or brown,) honey, molasses, or even maple syrup. Because sugars tend to burn easily, sauces should only be used during the last hour of cooking. This is especially true with tomato−based sauces which will blacken long before the meat is done.

All of these sauces provide an easy way to prepare tasty dishes in a relatively short period of time. While it's difficult to find the time to prepare and simmer your own sauces these days, you can quickly turn a commercial product into your own signature sauce by adding ingredients such as chiles, hot pepper sauces, ginger, or even fruits.

ALL−AMERICAN BARBECUE SAUCE

Use as a barbecue sauce for chicken, ribs or pork chops. For a zestier sauce, increase hot pepper sauce to 1/2 teaspoon.

1/2 C. chili sauce
1/2 C. finely chopped onion
1/4 C. water
2 T. brown sugar
1 T. Worcestershire sauce
1 T. apple cider vinegar
1 tsp. chili powder
1/2 tsp. celery seed
1/4 tsp. hot pepper sauce

Combine ingredients in a small saucepan; simmer for 10 to 12 minutes or until thickened, stirring occasionally. Makes 7/8 cup.

APPLE ORCHARD BARBECUE SAUCE

1 medium onion, grated or finely chopped
4 C. pressed apple cider (not pasteurized apple juice)
1/2 C. cider vinegar
1/2 C. firmly packed dark brown sugar
1 T. whole mustard seed
1 tsp. celery salt or celery seed
1 T. Worcestershire sauce
1 T. liquid smoke
2 (12 oz.) bottles chili sauce
Hot pepper sauce, to taste (optional)

Bring all ingredients to boil in a large saucepan. Reduce heat and simmer until sauce is thickened and volume is halved. Pour hot sauce into two 1−pint sterilized jars. Seal with 2−piece sterilized lids. Water−bath process for 10 minutes. Remove with tongs. Cool.

BARBECUE SAUCE

This is a sauce to be eaten with chicken — not to be brushed on during grilling.

1/4 lb. butter or margarine
2 small cloves garlic, minced
1 T. flour
1 tsp. prepared mustard
2 T. chili sauce
2 dashes Tabasco® sauce
2 T. vinegar
1 tsp. light brown sugar
1/2 tsp. salt
1/2 tsp. freshly−ground black pepper

Melt butter or margarine. Add garlic and sauté 5 minutes, but don't brown. Remove from heat and blend in flour. Add mustard, chili sauce, Tabasco®, vinegar, sugar, salt and pepper. Stir together. Add 1 cup boiling water and cook over low heat, stirring constantly until mixture boils. Taste for salt and add more if needed. Serve in a separate bowl.

BASTE FOR ROAST−ON−A−SPIT

1 C. olive oil
1/4 C. Worcestershire sauce
1/2 tsp. Accent®
1/8 tsp. Tabasco® sauce
1/4 tsp. Angostura Bitters
1 tsp. Kitchen Bouquet®
1 tsp. lemon juice
4 T. port wine

Combine all ingredients. Simmer over low heat for 15 minutes, stirring occasionally. Use to marinate a rolled rib roast which will be cooked over charcoal on a spit. It is best to marinate the roast for 24 hours. Use the sauce liberally when basting the roast.

BBQ SAUCE

1/4 C. honey
8 oz. tomato sauce
1/4 C. lemon juice
1 T. Worcestershire sauce
1 T. soy sauce
1 clove garlic, minced
1/2 tsp. Tabasco® sauce

Mix well. Store in the refrigerator.

BEER MOP SAUCE FOR FISH AND POULTRY

12 oz. beer
1/2 C. fresh lemon juice
1/2 C. vegetable oil
1/2 medium onion, chopped
2 garlic cloves, minced
2 T. Texas Dry Rub
1 T. white wine
1 1/2 tsp. Worcestershire sauce

Mix all together. Add up to 1/4 cup more oil when the food being smoked is lean and dry.

BEER MOP SAUCE FOR MEAT

12 oz. beer
1/2 C. cider or white vinegar
1/4 C. vegetable oil
1/2 medium onion, chopped
2 garlic cloves, minced
2 T. Texas Dry Rub
1 T. Worcestershire sauce

Mix all together. Add up to 1/4 cup more oil when the food being smoked is lean and dry.

BEST OF THE WEST BARBECUE SAUCE

This sauce has been around for so long that its origin has disappeared into the sunset. It can be used for many things.

1 C. vegetable oil
1 1/2 C. white onion, diced
1 1/2 C. catsup
1 1/2 C. bottled water
1/3 C. lemon juice
1/3 C. Mexican lime juice
3 T. white sugar
3 T. brown sugar
1/3 C. Worcestershire sauce
3 tsp. prepared mustard
1/2 C. red wine vinegar
1 T. chili powder
1 tsp. dried sweet basil
1 tsp. garlic powder
1/3 C. pancake syrup

Combine all ingredients in a large saucepan. Simmer slowly at least 2 hours uncovered. Sauce will become bitter if cooked with a lid. Makes about 4 cups.

BLUEBERRY BARBECUE SAUCE

Use this sauce the same day it is made.

2 tsp. vegetable oil
1/4 C. minced onion
1 T. minced jalapeño chile
1/4 C. catsup
1/4 C. rice vinegar
3 T. light brown sugar
3 T. Dijon mustard
1 tsp. Tabasco sauce
2 C. fresh or frozen blueberries

Heat oil in a nonreactive saucepan. Add onions and chile and cook over moderate heat stirring until wilted, about 3 minutes.

Add catsup, vinegar, sugar, mustard and Tabasco sauce and bring to a simmer. Add blueberries and simmer over low heat, stirring until thickened, about 10 minutes.

Purée the sauce in a blender or processor until smooth. Pass through a strainer and season with salt and pepper.

CAJUN RUB

Use as a coating for pork chops, ribs, tenderloin or kabobs.

2 T. paprika
2 tsp. salt
2 tsp. onion powder
2 tsp. garlic powder
2 tsp. cayenne
1 1/2 tsp. ground white pepper
1/2 tsp. ground black pepper
1 tsp. dry thyme leaves
1 tsp. oregano leaves

In jar with tight−fitting lid, shake together all ingredients. Store tightly covered at room temperature. Makes about 1/2 cup.

CARIBBEAN JERK RUB

Use as a coating for pork chops, ribs, tenderloin or kabobs.

2 T. dried minced onion
1 T. garlic powder
4 tsp. dry thyme leaves, crushed
2 tsp. salt
2 tsp. ground allspice
1/2 tsp. ground nutmeg
1/2 tsp. ground cinnamon
1 T. sugar
2 tsp. black pepper
1 tsp. cayenne pepper

In jar with tight−fitting lid, shake together all ingredients. Store tightly covered at room temperature. Makes about 1/2 cup.

CINNAMON−CLOVE BARBECUE SAUCE

2 medium onions, sliced
1 C. condensed tomato soup
3/4 C. water
3 T. vinegar
2 T. Worcestershire sauce
1 tsp. salt
1/4 tsp. cinnamon
1 tsp. paprika
1/4 tsp. black pepper
1 tsp. chili powder
1/8 tsp. cloves

Combine all ingredients; heat and use to baste meat or fish. Makes 2 cups.

COLA BARBECUE SAUCE

This barbecue sauce can be used with poultry, pork and wild game.

1 bottle barbecue sauce
1 (10 oz.) Pepsi or Coca−Cola
1 stick margarine
Salt and pepper, to taste

Combine ingredients in iron skillet. Place meat in skillet; cover. Simmer for 45 minutes to 1 hour.

EASY BARBECUE SAUCE

This is excellent on ribs or chicken.

2 T. vegetable oil
1 medium onion, chopped
3 cans tomato sauce
1 C. vinegar
1/2 C. molasses or firmly packed brown sugar
2 T. Worcestershire sauce
1 tsp. coarse black pepper

Sauté onions in oil for about 10 minutes. Add remaining ingredients and simmer for 45 minutes. If it gets too thick, add a little water.

FAJITA BEER MARINADE

1 C. bottled Italian salad dressing
12 oz. beer
1 large onion, minced
Juice of 3 Mexican limes
3 T. chili powder
2 T. minced fresh cilantro leaves
2 T. lemon pepper seasoning
1 T. Worcestershire sauce
2 tsp. ground cumin
1 1/2 tsp. garlic powder
1 tsp. cayenne
1 bay leaf

FAJITA MARINADE

2 lb. skirt steaks (fajitas)
3/4 C. Mexican lime juice
1/4 tsp. Worcestershire sauce
1/4 tsp. soy sauce
1/2 tsp. ground black pepper
1/2 tsp. salt, or to taste

Halve the skirt steaks lengthwise. Mix the remaining ingredients. Marinate skirt steaks for no more than 1 hour. Grill the skirt steaks slowly over mesquite.

FIVE−SPICE MARINADE

1/4 C. soy sauce
1/4 C. dry sherry
1/2 C. minced onion
2 T. grated fresh ginger root
2 tsp. five−spice powder
2 T. chili oil
1 tsp. sesame oil

Combine all ingredients in a self−sealing bag. Add 4 pork chops to bag, seal and refrigerate overnight.

"FOURTH FEAST" BARBECUE SAUCE

This is especially good for grilled butt pork roasts.

1 1/2 qt. catsup
1/2 C. cider vinegar
1/2 C. light corn syrup
1/2 C. prepared mustard
1/3 C. Worcestershire sauce
1 T. salt
1 1/2 tsp. garlic powder
1 to 1 1/2 tsp. ground cinnamon
1 to 1 1/2 tsp. celery seeds
1 1/2 tsp. black pepper
1 tsp. ground red pepper

Combine all ingredients in a Dutch oven, and cook over low heat until thoroughly heated, stirring occasionally. Chill 8 hours. Yields 2 quarts.

GARLIC BUTTER SAUCE

(Mantequilla de Ajo — Mexican)

4 T. unsalted butter
4 cloves garlic, crushed

Melt butter, add garlic, and set aside.

Strain just before using. Brush on meat or fish before broiling or grilling.

GEORGIA SAUCE

Use this sauce for chicken, beef, pork or fish.

11/2 C. canned tomato purée
1 C. cider vinegar
1/2 C. vegetable oil
1/3 C. Worcestershire sauce
1/2 C. firmly packed dark brown sugar
1/4 C. molasses
3 T. prepared mustard
2 tsp. minced garlic
1/4 C. lemon juice

In large non−aluminum saucepan, combine all ingredients. Simmer for 15 minutes, stirring often to prevent sauce from burning.

Let sauce rest at least 1 hour to allow flavors to blend. Yields 3 cups.

GINGER−APRICOT GLAZE

Gives pork chops a last−minute glaze.

1 C. apricot jam
2 T. lime juice
1 T. soy sauce
1 T. grated fresh ginger root

Stir ingredients together. Brush onto meat on grill during last 5 minutes of cooking. Makes 1 1/4 cups.

HAWAIIAN FRUIT BARBECUE SAUCE

This is particularly recommended for barbecuing spare ribs.

1 (1 lb. 1 oz.) can drained apricot halves
1 (1 lb. 14 oz.) can sliced peaches
1 medium can crushed pineapple
1 C. vinegar
1 C. firmly packed brown sugar
1 tsp. Tabasco® sauce
2 T. tomato paste
1 tsp. dry mustard
1/2 tsp. seasoned pepper
1/4 tsp. seasoned salt
1/4 lb. butter
1 tsp. Accent
1/4 tsp. Angostura Bitters

Purée fruit in a blender. Put puréed fruit in a saucepan, then add remaining ingredients. Simmer very slowly until thick.

This sauce freezes nicely, so you may want to make enough to put in the freezer for future occasions.

HONEY−GARLIC MARINADE

1/2 C. lemon juice
1/4 C. honey
2 T. soy sauce
1 T. dry sherry
2 crushed garlic cloves

In self−sealing bag, combine all ingredients. Add 4 pork chops to bag; seal and refrigerate overnight.

ISLAND MARINADE

1/2 C. orange juice
4 T. lime juice
3 cloves crushed garlic
2 tsp. dried thyme
1 T. honey

In self−sealing bag, combine all ingredients. Add 4 pork chops to bag; seal and refrigerate overnight.

KANSAS CITY SAUCE

Liquid smoke flavoring recreates the flavor of authentic pit barbecue. Use this sauce for beef, pork or chicken.

1/2 C. vegetable oil
1 onion, finely chopped
1/2 green bell pepper, finely chopped
2 tsp. minced garlic
1 (16 oz.) bottle catsup (2 cups)
1/2 C. molasses
2 tsp. hot pepper sauce
1/4 C. prepared yellow mustard
2 T. cider vinegar
1/2 C. firmly packed dark brown sugar
4 T. Worcestershire sauce
1 tsp. liquid smoke
1/4 C. fresh lemon juice

Place oil in a large non−aluminum saucepan over medium−low heat, then sauté onion, bell pepper and garlic until soft (about 10 minutes).

Add catsup, molasses, hot pepper sauce, mustard, vinegar, brown sugar, Worcestershire sauce, liquid smoke and lemon juice. Continue to simmer slowly for 20 to 30 minutes. Stir frequently to prevent sauce from burning.

Let rest at least 1 hour after cooking to allow flavors to blend. Yields 4 cups.

LIME−VINEGAR MARINADE

This is a very good marinade for turkey or chicken fajitas.

1/4 C. Mexican lime juice
1 T. red wine vinegar or fruit vinegar
1 clove garlic, minced
1/2 tsp. honey
1/4 tsp. ground coriander
1/4 tsp. ground cumin

Stir all ingredients together in a nonreactive bowl. Rinse 1 pound boneless turkey or chicken pieces, then pat dry. Pour marinade over, then cover and refrigerate for 20 minutes or until the next day, turning occasionally.

MAGIC STEAK DIP

This dip will produce the most incredible grilled steak you have ever had in your life. It makes 2 quarts, but it lasts forever in the refrigerator.

1 (20 oz.) bottle good−quality soy sauce
1 (10 oz.) bottle Worcestershire sauce
1 (10 oz.) bottle A−1® Steak Sauce
1 (10 oz.) bottle Heinz 57® Sauce
1 lb. light brown sugar
2 tsp. granulated garlic or garlic powder
2 tsp. onion powder
1 tsp. freshly ground pepper
1 tsp. salt
2 tsp. fresh lemon juice
1/3 C. prepared mustard
2 tsp. Tabasco® sauce

Mix all ingredients in a large glass or stainless steel bowl. Whisk until well blended. Store in tightly sealed jars in the refrigerator.

To use, pour a small amount of the dip in a nonporous baking dish and dip the steaks in it, coating both sides well. Marinate for about 30 minutes before cooking, turning often. Grill or broil to desired degree of doneness.

MANGO BARBECUE SAUCE

1 ripe mango, peeled, pitted and cut into small cubes
1 C. prepared mango chutney
1 C. finely chopped onion
1 T. minced garlic
1 (28 oz.) can peeled plum tomatoes, crushed, with juices
2 T. cider vinegar
1 T. molasses
1 tsp. Tabasco® sauce

Combine all ingredients in a heavy saucepan. Simmer, covered, over low heat for 20 minutes or until the sauce thickens. Cool slightly. Purée sauce until smooth in a food process or blender.

This is delicious for barbecuing salmon, also.

MANSION BARBECUE SPICE MIX

This recipe is from the Mansion on Turtle Creek, Dallas, Texas.

2 T. paprika
1 T. chili powder
1 tsp. ground cumin
1 tsp. ground coriander
1 tsp. sugar
1 tsp. salt
1/2 tsp. dry mustard
1/2 tsp. black pepper
1/2 tsp. dried thyme leaves
1/2 tsp. curry powder
1/2 tsp. cayenne pepper

Mix all ingredients together and store in a cool, dry place. Makes about 1/3 cup.

MANSION PEPPER MIXTURE

This recipe is from the Mansion on Turtle Creek, Dallas, Texas. Use to season red meats and game before cooking.

1 C. ground black pepper
1/3 C. ground white pepper
1 1/2 T. ground cayenne pepper

Combine all ingredients. Cover tightly and store in a cool place.

MAPLE ORANGE BARBECUE SAUCE

1 C. prepared barbecue sauce
1/2 C. pancake syrup
1/2 C. orange juice

Preheat oven to 350ºF.

Mix ingredients together. Pour over spareribs or chicken. Bake at 350ºF for 1 hour or until done.

MARINADE FOR GRILLED SALMON

1/3 C. Worcestershire sauce
2 T. olive oil
1T. brown sugar
A generous pinch of kosher or sea salt
Ground black pepper
2 scallions chopped
1 lb. salmon fillet

Combine all ingredients except salmon. Put salmon in a small baking dish, and pour half the marinade over the fish. Reserve the rest of the marinade for basting during grilling. Place salmon in refrigerator for 30 minutes. Grill four minutes on each side.

MARINADE FOR RED MEATS

2 C. red wine
2 T. butter
1 medium onion, finely chopped
1 small handful parsley, chopped
2 stalks celery, sliced thin
1 can beef consommé
1/2 tsp. crushed bay leaves
1/2 scant tsp. thyme
1/2 scant tsp. marjoram
1/2 tsp. crushed red pepper

Mix together in a saucepan and simmer 15 to 20 minutes. May be used for soaking meat before grilling as well as in the water pan of a smoker.

MEDITERRANEAN RUB

Use as a coating for pork chops, ribs, tenderloin or kabobs.

Zest of 2 lemons
1/3 C. thinly sliced garlic cloves
1/3 C. fresh rosemary leaves
1/4 C. fresh sage leaves
1/4 C. coarsely ground black pepper
2 T. salt

Combine ingredients in the bowl of a food processor. Process until garlic, herbs and lemon zest are chopped finely and ingredients are thoroughly combined. Store tightly covered in the refrigerator. Makes about 1 cup.

MEMPHIS BARBECUE SAUCE

As made by John Wills of John Wills Bar−B−Que Bar and Grill in Memphis, Tennessee.

1 (8 oz.) can tomato sauce
1/2 C. spicy honey mustard
1 C. catsup
1 C. red wine vinegar
1/2 C. Worcestershire sauce
1/4 C. butter or margarine
2 T. hot sauce
1 T. lemon juice
2 T. brown sugar
1 T. paprika
1 T. seasoned salt
1 1/2 tsp. garlic powder
1/8 tsp. chili powder
1/8 tsp. ground red pepper
1/8 tsp. black pepper

Combine all ingredients in a Dutch oven. Bring to a boil; reduce heat, and simmer 30 minutes, stirring occasionally. Yields 1 quart.

MEXICAN RUB

Rub this on chicken, ribs or fish before grilling.

1/4 C. chili powder
1 T. onion powder
1 T. ground cumin
2 tsp. salt
1 1/2 tsp. Mexican oregano
1 tsp. garlic powder
1 tsp. ground red pepper

Combine all ingredients. Store in an airtight container.

NORTH CAROLINA STYLE BARBECUE SAUCE

1/2 T. light brown sugar, packed
2 C. apple cider vinegar
1 tsp. salt
1 tsp. cayenne pepper
2 T. freshly−ground black pepper
1 C. catsup
2 C. water
Tabasco® sauce

In a heavy saucepan, combine all ingredients. Stir well and bring to a boil. Reduce the heat and simmer 15 minutes. Pour into pint jars and refrigerate until ready to use.

ONIONY BARBECUE GLAZE

1 envelope Lipton® Onion Soup Mix
1 (12 oz.) jar peach or apricot preserves
3/4 C. chili sauce
2 T. vinegar

In small bowl blend all ingredients. Use as a glaze on chicken, chops, frankfurters, hamburgers, kabobs, ribs or steaks. Brush on during last half of cooking. Makes about 2 1/2 cups glaze.

ORANGE BARBECUE SAUCE

1 (12 oz.) can frozen orange concentrate
1 1/2 sticks butter
1/3 C. finely chopped onion
1/2 T. Tabasco® sauce

Sauté onions in butter and mix in orange juice slowly enough to mix thoroughly. Add Tabasco sauce to taste and simmer 30 minutes.

To use, place chicken in a shallow pan and cover with two−thirds of the sauce. Bake 20 to 25 minutes at 225ºF. Put chicken on the grill and baste liberally with sauce from the pan. Use the remainder of the original sauce at the fire's hottest point to coat chicken.

OUTBACK STEAKHOUSE MARINADE

1 C. Scottish (or similar) Ale
1 tsp. brown sugar
1/2 tsp. McCormick Seasonal®
1/4 tsp. ground black pepper
1/4 tsp. MSG

Place your favorite cut of steak in a shallow pan and pour ale on steak and marinate for 1 hour in refrigerator. Remove steak from ale and mix dry ingredients together and rub steak on both sides. Let marinate with dry ingredients for 1/2 hour. Preheat a skillet or grill to medium high heat. Add vegetable spray or vegetable oil and braise to perfection.

ORANGE−SOUR CREAM SAUCE

This is great over grilled or raw fresh fruit.

16 oz. sour cream
1/2 C. brown sugar, packed
2 T. orange juice
2 T. orange−flavor liqueur
1 tsp. grated orange peel

Mix all ingredients, then refrigerate.

PEAR−MUSTARD SAUCE

Use as a last−minute glaze for pork chops.

1 (16 oz.) can pear halves, drained
3 T. pear syrup
1 T. Dijon−style mustard
1 T. cider vinegar
2 T. honey
Dash of hot pepper sauce
Salt, to taste
Pepper, to taste

In blender container, purée all ingredients. Brush onto meat on grill during last 5 minutes of cooking time. Makes about 2 cups.

PORK BARBECUE SAUCE

3 C. vinegar
16 cloves
1 C. Worcestershire sauce
10 bay leaves
1/2 tsp. black pepper
4 tsp. dry mustard
1 tsp. oregano
4 T. catsup
1 lemon, quartered
4 or 5 garlic cloves
4 T. salt
1/2 stick margarine
1/4 tsp. cayenne
1 medium onion, quartered
1 tsp. rosemary
Tabasco® sauce, to taste

Simmer all ingredients about 15 minutes, then strain.

To use, cook 20 pounds pork loin ribs over a charcoal pit. Baste and turn every few minutes. Takes 2 to 3 hours. Ribs should be dark and crusty on the outside. Taste to check if done. May also be used on pork shoulders.

RED CHILE WASH

You can rub this onto seafood and meats before smoking, use it in marinades, sauces and mayonnaise, and coat foods before grilling.

1 C. dried New Mexico Red Chile Purée
2 T. honey
1 T. Dijon mustard
1/2 tsp. dried Mexican oregano, crumbled
2 garlic cloves, peeled and pressed
1/2 tsp. ground toasted cumin seeds

Mix all ingredients together, then use immediately or cover and refrigerate for up to 3 days or freeze for up to 2 months.

RIB RUB

This makes enough for about 5 pounds of meat.

1 T. ground roasted cumin seeds
1 T. chili powder blend
1 T. sugar
1 T. kosher salt
1 T. freshly−ground black pepper
1 T. dried Mexican oregano, crumbled
2 tsp. garlic powder

Stir together all ingredients. Pat the rub thickly over the meat you are going to smoke. Cover and let stand at room temperature for at least 1 hour or refrigerate for up to 24 hours before grilling.

SAVORY BARBECUE SAUCE

1 (12 oz.) can or bottle Stroh's Beer
1 C. chili sauce
1/2 C. molasses
1/4 C. prepared mustard
1 medium onion, chopped
Dash of Worcestershire sauce
Dash of salt and pepper

Put all ingredients into a saucepan. Simmer about 10 minutes. Add more beer or water if needed. Store unused sauce in refrigerator. Makes 3 to 3 1/4 cups.

SESAME−LIME MARINADE

This tangy sauce is delicious with chicken or beef kabobs. It keeps the meat moist and flavors the vegetables.

1 T. finely shredded lime peel
1/3 C. lime juice3 T. vegetable oil
1 T. sesame oil
1/4 tsp. salt
2 T. honey
1 tsp. sesame seeds

Combine lime peel, juice, oils and salt. Pour over chicken or beef and marinate for 1 to 4 hours. Prepare meat for grill, reserving marinade. Combine 1/4 cup marinade, honey and sesame seeds. Baste meat while cooking and again before serving.

SMOKER BARBECUE SAUCE

When cooking in a smoker, catch drippings in a pan. Take 1 cup of drippings and add:

1 medium onion, cut up
1 garlic clove, cut up
1/2 C. Worcestershire sauce
1/2 C. catsup
1/4 C. A−1® Sauce
1/2 C. orange juice
1/2 C. sugar
Juice from 1 lemon or lime
Salt, pepper, and other seasonings, to taste

Cook to boil. Let simmer 15 minutes.

SMOKY BARBECUE SAUCE

This makes enough to serve 200 people.

5 to 6 medium onions, chopped
4 C. vegetable oil
5 bottles catsup
1 large and 1 small bottle Worcestershire sauce
3 cloves garlic, chopped
1 (16 oz.) box brown sugar
1 large and 1 small bottle liquid smoke

Sauté onions and garlic in oil. Add sugar. Add catsup, liquid smoke and Worcestershire sauce; simmer for 1 hour or more.

SOUTHEAST ASIAN RUB

Use to season beef, pork or chicken before grilling.

1 T. garlic powder
1 T. black pepper
1 T. dried lemon peel
1 tsp. onion powder
1 tsp. ground ginger
1 tsp. crushed red pepper flakes

In a small bowl, mix together garlic powder, pepper, lemon peel, onion powder, ginger and red pepper flakes.

SOUTHERN BARBECUE SAUCE

1 tsp. salt
1/4 C. brown sugar
1/2 C. prepared mustard
1/8 C. liquid smoke
1 C. tomato paste
1 T. chili powder
1/2 C. sugar
3 C. stock
1/4 C. white vinegar
1/2 C. Worcestershire sauce
1/2 tsp. red pepper flakes

Combine all and simmer 2 hours, being careful not to burn it. Stir often. Makes 1 quart.

SOUTHWESTERN BARBECUE SAUCE

Use this sauce for beef, pork, and poultry, or as a condiment.

6 dried red New Mexican chiles
4 dried Chiltepin or Piquín chiles
1/2 C. commercial bottled chili sauce
1 large onion, chopped
2 cloves garlic, chopped
2 T. bacon drippings or vegetable oil
1 C. catsup
5 T. distilled white vinegar
2 tsp. dry mustard
2 tsp. Worcestershire sauce
2 tsp. liquid smoke

Cover chiles with hot water and let them sit for 20 minutes until soft. Place chiles in a blender with 1 cup of the water they were soaked in and purée until smooth. Sauté onion and garlic in oil until soft, then add remaining ingredients. Bring to a boil, reduce heat, and simmer for 30 minutes. Purée the sauce in a blender until smooth.

To Barbecue
Start fire with a lot of charcoal. When it has burned down to coals, place a drip pan in the center of the coals and fill it with water. Place a 3− to 4−pound beef brisket over the pan with the fat side down. Cover the barbecue and adjust to a slow heat. After one hour, baste meat with the sauce. Repeat basting and turn the meat to cook it evenly. The process should bake about 4 to 5 hours. Soak mesquite wood or beans in water for an hour. Spread a couple of cups over the coals, cover, and smoke for 45 minutes. Remove, carve, and serve with extra sauce.

SUGARLESS BARBECUE SAUCE

2 medium onions, minced
1 can tomato soup, undiluted
3/4 C. water
3 T. vinegar or lemon juice
3 T. Worcestershire sauce
1 tsp. salt
1/4 tsp. cinnamon
1 tsp. paprika
1/4 tsp. black pepper
1 tsp. chili powder
1/8 tsp. cloves

Combine all ingredients. Heat and use to baste meats or fish. Yields 2 cups.

SWEET AND SOUR PINEAPPLE SAUCE

1 (8 1/2 oz.) can unsweetened crushed pineapple
1 C. chicken broth
1/4 C. white wine vinegar
1/4 C. vegetable oil
2 T. soy sauce
2 T. chopped onion
1 clove garlic, crushed
1/4 C. light or dark brown sugar
3 T. lemon juice

Combine all ingredients in saucepan and simmer 15 minutes. Brush over chicken, spareribs or whitefish during roasting or last 15 minutes on the grill. Makes 2 2/3 cups.

SWEET BARBECUE SAUCE

This is good for beef or chicken.

1 stick margarine
1 medium onion, diced
1 C. brown sugar
1 small bottle catsup
1/2 C. water
Dash of hot sauce
1 tsp. Worcestershire sauce
1 T. chili powder

Melt margarine; add onion and brown sugar and simmer together for 5 minutes. Add remaining ingredients. Simmer together for 20 minutes.

TABASCO BARBECUE SAUCE

Use this for all meats, chicken and turkey parts.

2 T. butter or margarine
1 medium onion, chopped
1 clove garlic, chopped
1/2 C. chopped celery with leaves
1/4 C. chopped green bell pepper
1 (1 lb. 4 oz.) can tomatoes
1 (6 oz.) can tomato paste
1 bay leaf
2 tsp. Tabasco® sauce
2 tsp. dry mustard
1/3 C. vinegar
1/2 tsp. cloves
1/2 tsp. allspice
2 slices lemon
1 1/2 tsp. salt
3 T. brown sugar

Melt butter; add onion and garlic; cook until tender but not brown. Add remaining ingredients and simmer 30 minutes. Let stand until cool. Pour into jar; cover and refrigerate.

TENDERIZING MARINADE

3 C. water
3 C. cider vinegar
1/3 C. light or dark brown sugar
1 lemon, thinly sliced
4 onions, sliced
12 whole cloves
2 bay leaves
1/4 tsp. black pepper
1 1/2 tsp. salt

Combine all ingredients and keep at room temperature 2 hours. Add chuck, round or rump roast. Cover bowl and refrigerate 2 to 3 days. Turn meat each day. Hold at room temperature 4 hours before roasting. Marinade can be kept in refrigerator and used again.

TERIYAKI MEAT MARINADE

1/2 C. soy sauce
1/4 C. Domino® Liquid Brown Sugar
1/4 C. dry sherry
1 tsp. ground ginger
1 1/2 lb. cubed beef, chicken, pork
or whole flank steak

Combine soy sauce, Domino® Liquid Brown Sugar, dry sherry and ground ginger. Pour over meat. Refrigerate at least 4 hours. Baste meat with remaining sauce while barbecuing or broiling.

TERIYAKI SAUCE

1/2 C. soy sauce
Juice of 1 can of pineapple
1 tsp. ginger
1 T. molasses
1/4 C. oil
1 T. dry mustard
1 tsp. garlic powder
2 T. honey

Mix all ingredients. Use as a marinade for meat and vegetables before grilling.

TEXAS BARBECUE SAUCE

This sauce can be used with beef, pork and poultry.

6 dried red New Mexican chiles,
stems and seeds removed
4 dried chiltepin chiles
1/2 C. commercial "chili" sauce
1 large onion, chopped
2 cloves garlic, chopped
2 T. bacon drippings or vegetable oil
1 C. catsup
5 T. distilled white vinegar
4 T. brown sugar
2 tsp. dry mustard
2 tsp. Worcestershire sauce
2 tsp. liquid smoke

Cover the chiles with hot water and let them sit for 30 minutes until softened. In a blender, purée the chiles with 1 cup of the water they were soaked in until smooth.

Sauté onion and garlic in the oil until soft. Add remaining ingredients. Bring to a boil, reduce the heat, and simmer for 30 minutes. Purée the sauce in a blender until smooth. Makes 2 1/2 cups.

To use, apply toward the end of the grilling time as the sauce may burn otherwise.

TEXAS DRY RUB

You can use this rub on almost anything you barbecue. Rubbing this into the meat, covering it and refrigerating overnight is a good way to use it.

3/4 C. paprika
1/4 C. ground black pepper
1/4 C. Gebhardt® Chili Powder
1/4 C. salt
1/4 C. sugar
2 T. garlic powder
2 T. onion powder
1 T. ground cayenne

Mix the spices thoroughly. Store leftover rub in a tightly sealed jar in the refrigerator.

TEXAS SAUCE

Excellent for beef, pork or chicken, this sauce is better the day after it is made. Store in refrigerator.

1/2 C. butter
1 C. finely chopped onion
1 C. finely chopped celery
2 tsp. minced garlic
1 C. canned tomato purée
1/2 C. cider vinegar
1/2 C. firmly packed dark brown sugar
1 C. chicken or beef broth
1/4 C. Worcestershire sauce
2 bay leaves
2 tsp. freshly ground black pepper
2 tsp. cayenne pepper
1 tsp. ground cumin
2 tsp. chili powder
Salt, to taste

In large non−aluminum saucepan, melt butter over medium−low and sauté onion, celery and garlic until soft (about 10 minutes).

Add tomato purée, vinegar, brown sugar, broth, Worcestershire sauce, bay leaves, pepper, cayenne pepper, cumin, chili powder and salt. Simmer for about 30 minutes, stirring frequently so that sauce doesn't burn.

Let sauce rest at least 1 hour to allow flavors to blend. Yields 4 cups.

TWO CAN BARBECUE SAUCE

1 can onion soup
1 can tomato soup
2 T. cornstarch
2 large cloves garlic, minced
1/4 C. vinegar
3 T. brown sugar
1 T. Worcestershire sauce
1/8 tsp. hot pepper sauce

Combine all ingredients in a bowl.

ZESTY BARBECUE SAUCE

This makes 1 gallon!

1 gal. catsup
1 qt. water
2 large onions, finely chopped
1 small green bell pepper, finely chopped
1 serrano chile, seeded and diced
3/4 C. commercial hot salsa
1 (4 oz.) can diced green chiles, undrained
2 T. Worcestershire sauce
1 1/2 T. minced fresh garlic
2 tsp. dried celery flakes
2 tsp. dried basil
1 tsp. ground cumin
1 tsp. hot sauce

Combine all ingredients in a large Dutch oven. Bring to a boil over medium heat, stirring occasionally. Reduce heat and simmer, uncovered, stirring occasionally, 2 hours or to desired consistency. Refrigerate sauce and use within 2 weeks or freeze.

– – – Ribs And Your Grill

The number one mistake people make when trying to grill ribs is too much heat. Ribs should not be cooked quickly over a direct heat source. There are several ways that you can make great ribs on a grill and avoid preparing charred meat sticks. Here are a couple of strategies you can use.

First there is straight grilling. Like I said you will want to grill indirectly, meaning that you have a fire on one side and the food on the other. Actually you want a four part cooking area. Water Pan, Ribs, Fire, Drip Pan. The fire heats the chamber as well as heating a pan of water. This water pan will help maintain moisture in your grill while cooking. The drip pan keeps grease from the ribs from reaching the fire.

Of course there are variations to this basic layout and you probably need to do a little experimenting to determine what is going to work best for you. A couple of variations include using wood chips either soaked and added to the charcoal fire, if you are using a charcoal grill, or in a smoker box if you are using a gas grill. This will add a good smoky flavor to your ribs.

You can also precook ribs to speed up the process or to increase the tenderness of the ribs. Ribs cooked on a smoker at a low temperature for several hours will be very tender. Ribs cooked on a grill, especially a gas grill, will not be as tender even cooked indirectly. To make your ribs more tender you can precook by either boiling the ribs for about 30 minutes or by placing them in a slow cooker. This will get the ribs going and not dried out. Once you are ready to grill then you can season the ribs and cook them indirectly until done.

Now for the seasoning. It seems that most people cook up their ribs and brush on barbecue sauce during the grilling. Remember that most barbecue sauces whether store bought or homemade contain some kind of sugar (tomatoes contain sugars). This can cause your ribs to burn, even cooked indirectly. I suggest using a good rub before you grill and maybe a sauce after the grilling is done. However if you want to use a sauce try using a mop. A mop is a thin sauce (mainly vinegar or water) that you brush on during grilling to help maintain moisture and to add flavor. Sometimes you will hear it refered to as a baste.

− − − Barbecued Ribs

Buy one or more whole racks of ribs (end−on or "St. Louis Style" −− ask your butcher) and coat lightly with olive or vebetable oil using your hand or a brush. Sprinkle lots of "rub" on both sides and ends, patting and slapping it firmly into place. Surface of meat should be completely covered with a layer of rub. Wrap each rib in two layers of plastic wrap and place in refrigerator for 4 to 24 hours.

Bank a small amount of coals on one side of the grill and let smoker warm up for 20−30 minutes. Stick a meat thermometer in the top or side of the grill (you may need to drill a hole), and work the fire to stabilize the temperature around 200−300 degrees. Hotter fires will significantly shorten cooking times and not allow slow−cooking of the meat.

Soak hickory, mesquite, cherry, apple or other wood chips in a bowl of water for 20 minutes or more, and sprinkle small amounts on the coals every 20−30 minutes or as often as desired.

Optional: Partially fill a small disposable aluminum pan with water and place at the bottom of the Weber or partially over the coals. Fill as necessary during the cooking process.

Place ribs away from the heat source, on the side opposite the banked coals. If you have two or more racks of ribs, use a 'rib rack' purchased at your local hardware store for $10 to help stand the rib racks on their side next to each other. Place rib racks thick side up/bone−end down, so the small ends stay moist.

That's it! Sit back for 4 to 6 hours, watch the smoke rise, and drink your favorite beverage. Don't forget to add soaked wood chips every so often, and keep the water pan half full. You may want to turn the meat in−place to give each rib end or side equal time nearest the heat source. If you're curious whether the ribs are done, try cutting one off and eating it (cook's privilege). The meat should be pink around the edges (called a 'smoke ring'), pull cleanly from the bone and taste nice and smoky.

Before serving or for the last 10 minutes of cooking, lightly brush each rack with your homemade barbecue sauce. Cut between each rib, brush again with sauce if desired, and serve.

– – – Smoked Ham

First and foremost we need to differentiate between a fresh ham and a cured ham. Cured hams are usually preserved through a salt curing process. There are curing recipes that take more than a year to get a finished ham. You probably don't want to spend quite that much time.

This doesn't mean you have to drop the project. You can smoke up a ham of your own whether it's fresh of already cured. Most people who sit down to a ham dinner on Sundays or at Christmas time usually start with a precooked or cured ham. You fix it up the way you want, put it in the oven and warm it up good and slow and serve. Using the smoker or grill instead of the oven just adds that much more flavor to the meal.

If you want to start with a fresh, or uncooked ham you need to remember a couple of things. First of all if you have experience smoking pork shoulders or similar cuts, you need to remember that hams have less fat. You will want to keep a good layer of fat on the ham and smoke it, fat side up the whole time. Second, you will want to baste the ham frequently to keep it moist and to give it that traditional ham flavor.

– – – Pork Chops

If I could give one rule for grilling a great Pork Chop it would have to be the thickness of the cut. I can find at my local butcher, chops cut 1/2 inch thick. No wonder pork chops have a reputation for drying out. Always buy chops at least 1 inch thick. 1 1/2 is better. The reason the thin cuts dry so fast is that the surface of anything you grill is exposed to a dry heat no matter what kind of moisture you can get from your grill by adding water pans, etc.. Now the cooking surface runs anywhere from 1/16−1/4 of an inch depending on how long you cook them. A 1/2" thick chop will cook very fast and dry out even faster.

Another point you might notice about pork chops is that many people will lump Pork Chops with Pork Tenderloin Chops. The difference is there but they come from the same section of the hog. Your standard pork chop is usually what the butcher will call a Rib chop, while the loin chop is cut from the tenderloin. All these come from the Loin cut which is the back of a pig. You'll find lots of different cuts from this section. The tenderloin tends to be a little leaner than the sirloin chop or the rib chop, but a little trimming can make up the difference.

If you want a lean cut of chop, trim the fat down to about an 1/8". You want to leave a little fat to help keep the chop moist during cooking. Also remember to split the fat since it tends to shrink during cooking and will curl your chops. Make a cut all the way through the fat about even inch along the side of the chop.

Another good reason for choosing Pork Chops for grilling is that it is a healthier cut of pork than most any other. When you hear the Pork Industry talking about how health pork can be, I really think they are talking about the Loin cut. Other cuts are very high in fat.

– – – Steak – The Unforgetable Fire

I find it hard to understand why someone would cook a steak any other way than grilling. The succulent beauty of a grilled steak is one of the great pleasures of life.

Selecting the right steak is the first step. The first place to start when grilling the perfect steak is with the perfect cut of meat. You need to know a few basics about grades and cuts before you head over to the local meat market so you can get the steak that's right for you.

As a simple general rule take a good look at that steak before you buy it. The meat should be a bright red, the fat should be a creamy white and there should be thin streaks of fat running through the meat. Also, if you can afford it try to buy choice grade meat over select.

The perfect steak needs the right flavors, but different cuts should be prepared differently. You may prefer just a light dusting of fresh cracked pepper on that ribeye, but there are so many things you can do with a steak to enhance the flavors or season it precisely for that special dish. Tender and flavorful steaks may not need any help but a flank steak needs the right marinade to make it tender. But remember it's your steak so you flavor it the way you want it.

The third step is in the grilling. Learning the art of grilling a perfect steak is neither difficult nor time consuming. But, a few basic rules will take you a long way to making that steak the best you've ever tasted.

A hot grill is just part of the trick. Make sure the grate is oiled and the steak is ready. Also remember to let the steak rest for a few minutes before serving to allow the juices to spread evenly.

– – – Grilling The Perfect Steak

Grilling the perfect steak is an art form. It takes practice and patience to master it. If you follow these simple steps you will have no trouble grilling a great steak. I am assuming that you already have the right cut of meat and know how to season it (or not) to your liking.

1. Let your steak reach room temperature before grilling. Some people might tell you that this isn't necessary, however I feel that this helps grill your steak more evenly and faster.

2.Trim the steak of excess fat. Any strips of fat should be about 1/4" thick. Also cut through the fat strip about every 1 1/2". When grilling fat shrinks faster than the meat and it can cause your steaks to curl.

3. Season. A light brushing of olive oil, maybe some fresh cracked pepper is all you want. Seasoning is entirely up to you.

4. Preheat the grill. Hot as it will go for a gas grill. A single layer of ashy white coals for a charcoal grill.

5. Oil the grate. An easy way to do this is to take a piece of trimmed fat, hold it tightly in a pair of tongs and rub it on the hot grate.

6. Grill. Place each steak on the grill for one minute. Turn and grill on the second side for an additional minute. Turn and rotate 45 degrees and grill for half the remaining cooking time. Turn again. If you do this right you will get a nice diamond pattern of grill marks.

7. Remove when done. I use the pressure test to check my steaks. When you are getting close to having a done steak press it with your index finger or the flat side of a grilling fork. A rare steak will be soft. A medium steak will be firm but yielding. A well steak will be firm. Once you get the hang of this trick you will be able to remove steaks from the grill at just the right second.

8. Let the steaks rest for 2−3 minutes before serving. This will let the juices flow out from the center so the whole steak is nice and juicy.

Grilling Times by Thickness (minutes):

Thickness	Rare	Medium	Well	Heat
1"	8−10	12−14	16−20	High

1 1/2"	10−14	16−20	22−26	High
2"	12−16	18−22	24−28	Medium

These times are total cooking times. Divide in half for each side. Times are approximate and will vary depending on the type of grill, fuel, weather conditions, etc..

ADAM'S RIBS

8 country style pork spare ribs
1 (2 liter) bottle Dr. Pepper, NOT diet
5 garlic cloves, slightly smashed
1 T. liquid smoke
1 large onion, quartered
Your favorite barbecue sauce

Place ribs in large stock pot. Pour Dr. Pepper over ribs to cover. Add garlic, liquid smoke and onion. Bring to boil, lower to simmer and cook until ribs are tender.

Place ribs in baking pan. Pour barbecue sauce over ribs. Bake at 350ºF for about 30 to 45 minutes. You can also grill these.

APRICOT BARBECUED SPARERIBS

2 large strips spareribs (about 3 1/2 lb.), with bones cracked for easy handling
2 T. olive or vegetable oil
1 medium onion, grated
1 clove garlic, finely minced
1/2 C. honey
1/2 C. catsup
1/2 C. apricot liqueur
1/4 C. Worcestershire sauce
1 1/2 T. soy sauce
1 1/2 tsp. dry mustard
1 T. bottled meat concentrate
1/4 tsp. leaf oregano, crumbled
1/4 tsp. black pepper
Salt

Bake spareribs at 350ºF for 45 minutes. Prepare sauce bycombining oil, onion, garlic, honey, catsup, apricot liqueur, Worcestershire sauce, soysauce, mustard, meat concentrate, oregano and pepper in large saucepan; stir well andsimmer for 30 minutes.

Add salt, if needed. Baste spareribs with sauce andbake at 350ºF for 1 hour, basting several times during baking time.

BACK RIBS WITH SPICY FIREWORKS RUB

6 to 8 slabs pork back ribs
(about 12 lb. total)
Spicy Fireworks Rub

Pat ribs dry with paper towels. Rub Spicy Fireworks Rub generously over allsurfaces of ribs; cover and refrigerate up to 12 hours or cook immediately.

Prepare a medium−hot fire, banking coals in 2 to 3kettle−style grills. Place ribs, not overlapping, over indirect heat on each grill (ribracks may be helpful in expanding grilling space in each grill). Cover grills and roastribs not directly over coals for 1 1/2 hours, until ribs are very tender. Remove ribs fromgrill, wrap securely in heavy aluminum foil. Place foil−wrapped ribs in brown paper bag,close bag and let ribs rest for up to 1 hour.

Spicy FireworksRub
1/2 C. ground cumin
1/2 C. chili powder
4 T. ground coriander
2 T. cayenne
4 T. ground black pepper
2 T. ground cinnamon
2 T. brown sugar
1 T. salt

Put all ingredients into a large jar with atight−fitting lid. Place lid on jar and shake well until blended thoroughly. Makes 2 cups— enough to coat 4 slabs of pork back ribs.

BARBECUED BABY BACK RIBS

Rub 2 slabs (approximately 5 pounds) of baby backribs with salt and garlic powder. Sprinkle liberally with freshly−ground black pepper.Place ribs on a preheated outdoor grill and cook slowly for approximately 45 minutes,turning as needed.

Baste with Barbecue Sauce and continue cooking forabout 20 minutes. Baste and turn often to keep the brown sugar in the sauce fromburning.

Barbecue Sauce
1 (32 oz.) bottle tomato catsup
1/2 C. brown sugar
1/2 tsp. salt
1 clove garlic, mashed
3 heaping T. prepared mustard
1/4 C. red wine
1/2 tsp. ground black pepper
5 drops Tabasco® sauce

BARBECUED BRISKET

Trim any excess fat from 1 flat brisket. Rub bothsides of brisket thoroughly with Dry Rub. Cover and refrigerate overnight.

The next day prepare a grill so that it will smokeslowly for about 6 hours or about 1 hour per pound. Start brisket on grill with thefattest side up. Cover grill. Mop with Mop Sauce frequently during grilling. Turn brisketabout every hour. Serve with warm Barbecue Sauce.

Dry Rub
2 T. salt
2 T. chili powder
2 T. meat tenderizer
1 T. pepper
1/2 T. garlic powder

Mix all ingredients in small bowl.

Mop Sauce
1 (10 1/2 oz.) can beef consommé
1 can water
1/3 C. vinegar
3/4 C. Worcestershire sauce
1/3 C. vegetable oil
1 1/2 tsp. meat tenderizer
1 1/2 tsp. dry mustard
1/2 tsp. garlic powder
1 tsp. chili powder
1/2 tsp. paprika
1 bay leaf

Bring beef consommé and water to boil inmedium−size saucepan. Turn down heat. Add remaining ingredients. Stir until thoroughlymixed. Remove from heat.

Barbecue Sauce
1 1/2 C. Worcestershire sauce
1/4 C. vinegar
1/4 C. steak sauce
1/4 C. sugar
1 C. catsup

Place all ingredients in small saucepan. Bring toboil. Remove from heat.

BARBECUED MEATBALLS

Meatballs
3 lb. ground beef
1 (12 oz.) can evaporated milk
1 C. oatmeal
1 C. cracker crumbs
2 eggs
1/2 C. chopped onion
1/2 tsp. garlic powder
2 tsp. salt
1/2 tsp. pepper
2 tsp. chili powder

Sauce
2 C. catsup
1 C. brown sugar
1/2 tsp. liquid smoke
1/2 tsp. garlic powder
1/4 C. chopped onion

To make meatballs, combine all ingredients (mixturewill be soft) and shape into walnut−size balls. Place meatballs in a single layer on waxpaper−lined cookie sheets; freeze until solid. Store frozen meatballs in freezer bagsuntil ready to cook.

To make sauce combine all ingredients and stir untilsugar is dissolved. Place frozen meatballs in a 13 x 9−inch pan; pour the sauce over. Bakeat 350ºF for 1 hour. Makes 80 meatballs.

BARBECUED PORK AND BEEF SANDWICHES

In a crockpot, combine the following:

1 1/2 lb. lean stew beef
1 1/2 lb. lean pork cubes
1 C. finely chopped onion
2 C. finely chopped green bell pepper

Combine the following ingredients:

1 (6 oz.) can tomato paste
1/2 C. brown sugar
1/4 C. cider vinegar
1 T. chili powder
1 tsp. salt
2 tsp. Worcestershire sauce
1 tsp. dry mustard

Blend all of these ingredients well and add to thecrockpot. Stir into the meat, onion and pepper mixture. Cover and cook on HIGH for 8hours. Stir to shred meat before serving on buttered rolls or pita bread.

NOTE: If you do not have a crockpot, you can simmerthis mixture on top of the stove. Use a very heavy Dutch oven with a tight−fittinglid.

This may also be served over rice rather than using rolls,if desired. Leftovers freeze great.

BARBECUED PORK LOIN

1 (3 to 5 lb.) pork loin
1 can tomato soup
1/3 C. chopped onion
1/3 C. chopped celery
1 clove of garlic, minced
2 T. brown sugar
2 T. Worcestershire sauce
2 T. lemon juice
2 tsp. prepared mustard
4 drops Tabasco® sauce

Place pork loin in shallow pan. Roast at 325ºF for 45minutes per pound. Pour off pan drippings 1 hour before done. Combine remainingingredients; mix well. Pour over pork loin; continue roasting, basting often.

BARBECUED SPARERIBS

Heat to boiling the night before serving:

1 1/2 C. water
16 oz. tomato sauce
1 medium onion, chopped
3 T. vinegar
3 T. Worcestershire sauce
1 tsp. salt
1/4 tsp. chili powder
3 T. sugar

Cut meat into serving pieces and place in a large glass bowl. Use about 6 to 7 pounds meat. Pour marinade over meat. Chill over night.

Bake, covered, at 450ºF for 30 minutes. Reduce heat to 350ºF and bake, uncovered, for 1 1/2 to 2 hours. Bake in a single layer in a metal pan.Turn often during the last 1 1/2 to 2 hours baking period. Serve with salad.

BEEF POT ROAST IN A BARBECUE SAUCE

2 medium onions, chopped
1 (3 1/2 to 4 lb.) boneless beef chuck roast
1 C. beef stock or bouillon
3 garlic cloves, crushed
2 (8 oz.) cans tomato sauce
1/4 C. dark brown sugar, packed
1 tsp. Hungarian paprika
1 tsp. dry mustard
1 T. finely chopped fresh rosemary
1 T. finely chopped fresh thyme
1/2 C. fresh lemon juice
1/2 C. catsup
1/2 C. red wine vinegar
2 T. Worcestershire sauce

Preheat oven to 350ºF. Sprinkle onions over the bottom of a large heavy Dutch oven. Place the meat on top of the onions, cover, and bake 11/2 hours, adding some stock if the pan juices begin to dry up.

Mix garlic, tomato sauce, brown sugar, paprika, mustard, rosemary, thyme, lemon juice, catsup, vinegar and Worcestershire sauce in a bowl. Pour the sauce over the meat, cover, and continue to bake, basting every 20 minutes, until the meat is tender, about 1 1/2 hours longer.

Remove the lid for the last 1/2 hour of cooking. Slice the meat and arrange on a serving platter. Spoon some sauce on the top and serve the remaining sauce on the side.

BEER RIBS

Place pork or beef ribs in a roasting pan. For every six pounds of ribs add 1 (12 ounce) can of beer. Cover and bake at 325ºF until tender.

Remove from pan and drain well. Place on a flat baking sheet and cover with barbecue sauce. Return to 275ºF oven for 30 minutes or until hot.

BLACK PEPPER CHOPS WITH MOLASSES BUTTER

4 (6 oz.) boneless center cut pork chops, 1 1/2 inches thick
1/4 C. butter, softened
1 T. molasses
Salt, to taste
1/2 tsp. freshly−squeezed lemon juice
4 T. coarsely ground black pepper

Stir together butter, molasses and lemon juice with a fork. Cover and refrigerate.

Rub chops on both sides evenly with pepper. Grill chops over medium hot coals for 12 to 15 minutes, turning once. Top each chop with molasses butter. Serves 4.

BOURBON STEAK

1 (1 1/4 lb.) flank steak
1 tsp. sugar
1/4 C. bourbon
2 T. soy sauce
2 T. water
1 small clove garlic, crushed

Place steak in a large shallow dish. Combine remaining ingredients, stirring well. Pour over steak; cover and marinate in refrigerator 4 hours, turning steak occasionally.

Drain steak, reserving marinade. Grill steak over hot coals 7 to 10 minutes on each side or to desired degree of doneness, basting often with marinade.

To serve, slice steak across grain into thin slices.Yields 4 servings.

BURNT ROUND STEAK

1 large round steak, cut into
1/2−inch wide strips
1/4 C. Karo® syrup
1/4 C. vinegar
2 T. water
1/4 tsp. Tabasco® sauce
1 T. lemon juice
1/4 tsp. black pepper
1/4 C. Burgundy wine
1/4 tsp. garlic powder
1 tsp. Worcestershire sauce
1/2 C. vegetable oil

Mix all ingredients in a glass bowl and marinate meat for at least 1 hour. Put meat on campfire forks or on grill and cook over glowing coals until done as desired. This is good with fry bread.

CATTLE BARON'S PEPPER STEAK

Rub a top sirloin or T−bone steak with Worcestershire sauce and black pepper and allow it to sit for about 15 minutes.

Meanwhile, roughly cut green peppers, onions and whole mushrooms. Sauté in butter, keeping them slightly crisp. Season with cracked black pepper and seasoned salt.

Grill steak to the desired degree of doneness. Cover steak with the sautéed vegetables. Serve with baked potatoes.

CHARCOAL BROILED STEAK

1 (1−inch thick) steak
Meat tenderizer
Accent®
Season−All®

Season steak liberally with a mixture of meat tenderizer, Accent® and Season−All®. Let steak steep in this seasoning for at least 1 hour, and preferably several hours. Make sauce.

Grill steak over hot charcoal. Baste with the sauce, turning steak only once. Do not use a utensil that will pierce the steak. Serve the steak with the remaining sauce.

Sauce
1/2 lb. butter
1 C. brown sugar, firmly packed
1 C. sherry wine
2 (3 oz.) cans button mushrooms, with juice
1/2 tsp. Accent®

Melt butter, then add remaining ingredients. Bring sauce to simmer, then cook 30 minutes.

CORIANDER−PEPPER CHOPS

4 (1−inch thick) boneless pork chops
2 clove garlic, crushed
1 T. ground coriander
1 T. coarsely ground black pepper
1 T. brown sugar
3 T. soy sauce

Combine all ingredients in a self−sealing bag; seal bag and marinate for 30 minutes.

Prepare medium−hot coal bed. Remove pork from marinade, discarding marinade, and grill chops over direct heat for 12 to 15 minutes, turning once.

CROCK POT BARBECUE BEEF

2 1/2 lb. chuck roast
1 C. water
1 bottle barbecue sauce
1/3 C. Worcestershire sauce
1 tsp. mustard
1 onion, chopped
Salt and pepper

Cook on high heat until it boils. Simmer on low for 6 to 8 hours. Chop meat and stir all well. Serve.

GRILLED CHUCK STEAK

1 (3 to 5 lb.) chuck roast
(about 3 inches thick)
1/2 C. chopped onion
1/2 C. fresh lemon juice
1/4 C. vegetable oil
1/2 tsp. salt
1/2 tsp. celery salt
1/2 tsp. pepper
1/2 tsp. dried thyme
1/2 tsp. oregano flakes
1/2 tsp. rosemary
1 to 2 cloves garlic, minced

Mix all ingredients except meat for marinade. In a nonmetal pan marinate meat for at least 3 hours, turning several times and basting with mixture. Cook on grill over hot coals 10 minutes on each side for medium−rare meat.For medium to well−done meat, cook 2 to 3 minutes longer per side. If preferred, meat can be smoked for 1 to 2 hours instead of grilling. Yields 6 to 8 servings.

GRILLED HAMBURGERS

8 hamburger patties
1 T. dry mustard
1 T. Worcestershire sauce
1/2 C. melted butter or margarine
Juice of 2 lemons

Combine mustard, Worcestershire, butter and lemon juice. Marinate patties for several hours before grilling.

GRILLED PORK WITH SALSA

1/3 C. fresh lime juice
1/4 C. soy sauce
1 tsp. dried whole oregano
1/2 tsp. dried whole thyme
1 (1 lb.) pork tenderloin
Homemade salsa
Lime wedges (for garnish)

Combine fresh lime juice, soy sauce, oregano and thyme in a shallow container or zip−type bag. Add tenderloin, turning to coat evenly.Cover or seal, and refrigerate at least 4 hours.

Remove tenderloin from marinade. Grill, covered, 6 inches from hot coals (450ºF) for 30 minutes or until done, turning and basting once. To serve, thinly slice tenderloin, and arrange slices on a serving platter. Garnish with lime wedges, and serve with salsa.

GRILLED SIRLOIN

2 cloves garlic, pressed
2 T. fresh ginger, finely chopped
1/2 C. soy sauce
1 tsp. Accent®
1 T. sugar
1 onion, finely chopped
1/4 tsp. Tabasco sauce
1/4 tsp. Kitchen Bouquet
1 T. vinegar

Combine all ingredients. Marinate a choice sirloin for at least six hours, basting or turning frequently. Grill steak quickly over charcoal to desired doneness.

HAM−ON−A−SPIT

1 (6 lb. or larger) precooked ham
2 C. canned apricot nectar, divided
2 T. cornstarch
2 T. cold water
1/2 C. red wine vinegar
1/2 C. brown sugar
1 T. prepared yellow mustard
1/2 tsp. Accent®
Tabasco® sauce, to taste
2 T. chili sauce
3/4 C. apricot preserves

Put ham on a spit over medium coals and cook for 1 hour, basting often with 1 cup total apricot nectar.

Make a sauce by combining cornstarch and water and mixing until it becomes a smooth paste. Then add remaining 1 cup apricot nectar and remaining ingredients. Bring to a boil, reduce heat and simmer 5 minutes, stirring constantly.

Remove ham from rotisserie and score surface in a diamond pattern. Brush entire surface with some of the sauce, embed the meat with cloves, and return it to the rotisserie. Continue to cook ham until it is done (at least 1 hour). Baste often with the sauce. Serve any remaining sauce with the cooked ham.

HAWAIIAN BEEF KEBABS

1/2 C. catsup
1/4 C. vinegar
2 tsp. brown sugar
3 T. lemon juice
3 tsp. grated onion
1/2 tsp. prepared mustard
1 T. Worcestershire sauce
3 T. dry sherry
1/4 C. orange juice
1/2 tsp. liquid smoke
Pinch of salt
Pinch of pepper
Pinch of paprika
2 lb. sirloin, cut into 1 to 1 1/2−inch cubes
1 (20 oz.) can chunk pineapple
Bell pepper, cut in 1−inch pieces
Onions, cut in 1−inch pieces

Mix first 13 ingredients in saucepan. Bring to boil and let cool completely. Place raw meat in large, shallow plastic container with lid. Pour sauce over meat. Marinate for 24 hours, turning every 3 hours.

Place meat on skewers alternating with pineapple chunks, bell pepper and onion. Cook to desired doneness on barbecue grill or under oven broiler. Yields 6 servings.

HICKORY SMOKED BAR−B−Q RIBS

4 to 5 lb. pork ribs (spareribs or back ribs)
1 (3 1/2 oz.) bottle hickory liquid smoke
2 1/2 qt. water
Favorite barbecue sauce

Combine liquid smoke and water in a large pot. Bring to a boil; add ribs and reduce heat. Simmer 1 1/2 to 2 hours. Remove ribs from liquid; cool. Ribs may be refrigerated or frozen at this point for future use.

Dip or brush ribs with barbecue sauce. Place in a 400ºF oven for 15 to 20 minutes. For crusty ribs, broil for 3 to 5 minutes.

NOTE: Ribs may be prepared in a browning bag. Place ribs in a single layer in a large size oven cooking bag in a baking pan. Add 1 bottle of smoke and 1 quart water. Close bag with tie and with a fork make 4 small holes in the top. Bake at 325ºF for 1 1/2 hours. Complete as directed above.

HICKORY−SMOKED BRISKET

Place a 3− to 4−pound beef brisket on large piece of aluminum foil. Sprinkle generously with 1/4 cup of liquid smoke and 1/2 teaspoon each celery salt, onion salt and garlic salt. Wrap well and put into crockpot. Cover and cook on low for 8 to 12 hours or on high for 4 to 6 hours. Serve warm with juices over each slice. Or, refrigerate overnight and then slice thinly. Place in crockpot and pour 1 1/2 cups barbecue sauce over meat. Cook 2 to 3 hours on high.

HONEY AND HERBS GRILLED PORK

1 C. beer or ginger ale
1/2 C. honey
1/2 C. Dijon mustard
1/4 C. vegetable oil
2 T. onion powder
1 1/2 tsp. dried whole rosemary
1 tsp. garlic powder
1 tsp. salt
1/4 tsp. pepper
1 (3 lb.) rolled and tied
boneless pork loin roast

Combine first 9 ingredients; stir well. Pierce roast on all sides with a fork; place in a large shallow dish. Pour marinade over pork; cover tightly. Refrigerate 4 hours, turning roast occasionally.

Remove pork from marinade, reserving marinade. Insert meat thermometer into thickest part of roast, being careful not to touch fat. Grill roast, covered, over indirect heat 2 1/2 hours or until thermometer registers 160ºF, turning occasionally and basting with reserved marinade. Yields 10 servings.

HONEY−GRILLED PORK LOIN

1 (3 lb.) boneless pork loin roast
2/3 C. soy sauce
1 tsp. ground ginger
3 cloves garlic, crushed
1/4 C. firmly packed brown sugar
1/3 C. honey
1 1/2 T. sesame oil
Vegetable cooking spray

Trim fat from roast. Butterfly roast by making a lengthwise cut, cutting to within 1/2 inch of other side, and open roast. Place in a shallow dish or large, heavy−duty, zip−top plastic bag. Combine soy sauce, ginger and garlic; pour over roast. Cover or seal, and refrigerate at least 3 hours, turning occasionally.

Remove roast, discarding marinade; set aside. Combine brown sugar, honey and sesame oil in a saucepan; cook over low heat, stirring constantly, until sugar dissolves.

Coat a grill rack with cooking spray; place over medium−hot coals (350ºF to 400ºF). Place roast on rack; brush with mixture. Cook 20 to 25 minutes or until a meat thermometer registers 160ºF, turning twice and basting frequently. Yields 10 to 12 servings.

HONEY PORK CHOPS

4 pork chops, 3/4 inch thick
Juice of 3 lemons
1 tsp. lemon−pepper seasoning
1/4 tsp. butter−flavored salt
2 T. honey

Marinate pork chops 2 hours in lemon juice. While pork chops are marinating, sprinkle each pork chop, on both sides, with lemon−pepper seasoning. Place on charcoal grill and cook for 15 minutes on each side. Five minutes before each side is done, spread with honey. Before removing from grill, sprinkle one side lightly with butter flavored salt.

IOWA RIBS (CHOPS, CHICKEN)

2 to 4 lb. meat or poultry
1/2 C. catsup
1/2 C. prepared smoked barbecue sauce
1/2 C. brown sugar
1 T. vinegar
1/2 tsp. dry mustard
1/2 tsp. salt
Dash of pepper

Put ribs in a heavy greased pan with a lid. Bake uncovered in a 400ºF oven for 20 minutes. Remove from oven and reduce heat to 325ºF. Meanwhile, combine remaining ingredients. Pour over ribs, cover, and return to oven. Bake about one hour or longer at 325ºF. This sauce is very, very good on country style ribs, pork chops and chicken.

KANSAS CITY BEEF BRISKET

1 (5 lb.) beef brisket
1 T. tenderizer (optional)
2 to 4 T. liquid smoke
2 tsp. salt
1/2 tsp. pepper
1 tsp. celery salt
1 tsp. onion salt
1 tsp. garlic salt
1/2 tsp. nutmeg
1 tsp. paprika
1/4 C. brown sugar
Worcestershire sauce, to taste

The night before cooking, sprinkle brisket with tenderizer, Liquid Smoke, salt, pepper, celery salt, onion salt and garlic salt. Wrap in aluminum foil and refrigerate overnight.

The next day add nutmeg, paprika, brown sugar and Worcestershire. Wrap well with aluminum foil — this is important. Cook 5 hours at 275ºF. Slice thin on the diagonal. Serve with homemade barbecue sauce and buns.

KANSAS CITY−STYLE BABY BACK RIBS

4 slabs skinned baby back ribs (about 1 1/2 to 2 lb. each)
1 C. granulated sugar
1/4 C. seasoned salt (Lawry's® is preferred)
1/4 C. garlic salt
1/4 C. celery salt
1/4 C. onion salt
1/2 C. paprika
3 T. chili powder
2 T. freshly−ground black pepper
1/2 tsp. cayenne pepper
1 T. lemon pepper
2 T. dried sage
1 tsp. dried mustard powder
1/2 tsp. dried thyme

Prepare the dry rub by sifting together the sugar, seasoned salt, garlic, celery and onion salts, paprika, chili powder, black, cayenne and lemon peppers, sage, mustard and thyme in a large glass mixing bowl. Store in an airtight container, preferably a glass jar, and utilize as a dry rub for this recipe and other barbecued meals, also.

Prepare your grill to maintain a temperature of 230ºF to 250ºF while cooking the ribs. You may use oak, hickory or apple−flavored wood chips. If you do, soak the bag of wood chips in a bucket of water next to your grill and add them as you grill the baby back ribs. This water−soaked method helps release the full essence of the smoky flavor from the wood chips in the steam and smoke created on the grill.

Blot ribs with a paper towel to remove excess moisture, then sprinkle both sides of the ribs with the dry rub. Arrange slabs on the grill and prepare to cook the ribs for 4 to 6 hours, adding more coals as necessary to maintain the heat.

Halfway through cooking, turn the ribs. The ribs are done when you can gently pull them apart with gloved hands. Transfer ribs to the cutting board and allow them to cool slightly before cutting and serving. Serve with your favorite warmed barbecue sauce on the side, or return the cut ribs to the grill and bathe them in your favorite barbecue sauce as you grill for about 10 minutes more, being sure to turn them once., then serve.

NOTE: You can reduce the grilling time by precooking or parboiling the baby back ribs. Either parboil them in a large stock pot until they are gray, or bake in a

moderate 350ºF oven until lightly browned. Apply dry rub as directed. You may also want to mix up and keep ready a light basting liquid of 1 cup water, 1/2 cup olive oil and 3 tablespoons dry rub just in case the ribs start drying out on the grill. Total cooking time will be about 1 or 2 hours, depending on the thickness of the ribs.

KANSAS CITY−STYLE BARBECUED BEEF SHORT RIBS

4 lb. beef short ribs
1 medium onion, peeled and minced
4 cloves garlic, pressed
1/4 C. butter
1/4 C. red wine vinegar
1 C. catsup
1 C. water
1 T. Worcestershire sauce
1 T. brown sugar
1 T. honey
2 T. dry mustard powder
1 tsp. chili powder

Set ribs out of the refrigerator to warm to room temperature. Preheat grill. Meanwhile, make sauce. Sauté onion and garlic in butter in a skillet until onion is clear, then add remaining ingredients and simmer 20 minutes, stirring from time to time. Dip ribs into hot barbecue sauce, then place on the grill. Feed fire small pieces of aromatic twigs — fruit cuttings, grape or hickory. Cover and barbecue until ribs are done, about 1 1/2 hours, keeping fire low, turning from time to time and basting with reserved sauce. Douse any flame−ups. Serve at once. Makes 8 servings.

KID KABOBS

1 lb. pork tenderloin, cut into 3/4−inch cubes
1/3 C. smoky barbecue sauce
1/3 C. orange marmalade
2 T. prepared horseradish

Thread tenderloin cubes onto skewers (if using bamboo skewers, soak in water for 30 minutes before using to prevent burning). Stir together remaining ingredients for basting sauce. Place kabobs over medium−hot coals and grill, turning to brown evenly, brushing frequently with sauce, about 10 to 12 minutes.

KOREAN BARBECUE (Bul Kogi)

4 to 5 lb. beef short ribs
2 cloves garlic, crushed
1/4 C. sesame seeds, toasted/crushed
1 C. finely chopped scallions
1 tsp. pepper
1 tsp. sesame oil
2 C. soy sauce
1 C. sugar
1/4 C. oil

Place short ribs in bowl. Add garlic, sesame seeds, scallions, pepper, sesame oil, soy sauce, sugar and oil and toss to coat meat well. Cover and let stand at room temperature 2 hours. Barbecue over coals or under broiler, turning and basting often with marinade until meat is tender.

KOREAN BARBECUED SHORT RIBS

4 lb. meaty beef short ribs
3 T. sugar
1/4 C. sesame oil
1/2 C. soy sauce
1 T. cider vinegar
2 scallions and tops, minced
2 cloves garlic, minced
1 T. finely minced fresh ginger root
1 tsp. dried red pepper flakes
1/4 C. sesame seeds
1 T. flour

Make deep cuts in the meat between the ribs so the meat will absorb the marinade. Rub meat well with the sugar and sesame oil and let sit for 30 minutes. Combine remaining ingredients; pour over ribs, and let stand for 1 hour. Bake or barbecue, turning and basting frequently with marinade, for 20 to 30 minutes or until meat is cooked.

MARINATED CHUCK OR SIRLOIN TIP ROAST BEEF

This is excellent for cuts of meat that tend to be tough.

1 (4 to 6 lb.) roast beef
(chuck or sirloin tip)
1/2 C. vegetable oil
1/2 C. dry red wine
Juice of one lemon
1/4 tsp. oregano
1/4 tsp. thyme
1/4 tsp. rosemary
1 tsp. monosodium glutamate
3 T. scallion or onion flakes
1 tsp. salt
3 tsp. cracked black pepper
1 garlic clove, crushed
2 bay leaves
2 T. meat tenderizer

Mix all ingredients and pour into a plastic or glass bowl deep enough to hold entire roast and marinade. Put roast in bowl and turn twice. Add more wine if roast is not completely submerged into marinade. Using meat fork, punch holes all over roast. Cover and marinate 48 hours at room temperature in a place without much light.

Grill on red hot coals after draining marinade and sprinkling meat with more pepper. Grill 20 minutes on each side. Allow roast to remain in grill with hood closed and while coals smolder for 10 to 15 minutes. Slice thickly and serve with horseradish sauce. Yields 8 servings.

MEXICAN PEPPER STEAK

6 steaks
2 T. butter
1 clove garlic, minced
1 C. red, ripe Anaheim chiles, peeled, seeded and chopped (or substitute)
3 red bell peppers, seeded and sliced into thin strips

Choose your favorite steak. Grill the steaks al carbón and serve them topped with the chiles or bell peppers.

To prepare the topping, heat butter in a skillet over medium heat. Add garlic and chiles or peppers and sauté them until they are soft. If you are using bell peppers, add black pepper, to taste.

OKLAHOMA BUTTERED−BARBECUED BEEF LOAVES

2 lb. ground beef
2 eggs, slightly beaten
1/2 C. cracker crumbs
1/3 C. chopped green bell pepper
1/4 C. milk
1/4 C. catsup
1 1/2 tsp. salt
1/4 tsp. pepper
8 onion slices

Combine beef, eggs, crumbs, green bell pepper, milk, catsup, salt and pepper. Divide into eight portions on double thick squares of foil; shape into loaves.

Butter Barbecue Sauce
1/2 C. butter
1/2 C. chopped onion
1/2 C. catsup
1/4 C. firmly packed brown sugar
1 1/2 tsp. chili powder
3 T. Worcestershire sauce
1 tsp. salt
Dash of Tabasco® sauce

Melt butter; add onion. Cook until tender; stir in remaining ingredients. Simmer for 5 minutes. Top each loaf with onion slice and 2 to 3 tablespoons sauce; secure foil. Grill 3 inches from coals for 10 to 12 minutes on each side. Serves 8.

OKTOBERFEST COOKOUT

3 to 4 bratwurst links per person
Hoagie buns or French rolls
2 to 4 qt. beer
Lots of sauerkraut

Simmer bratwurst about 20 minutes in beer, then grill to a light brown over mesquite or charcoal. Serve with good mustard, German potato salad and apple strudel.

OUR SECRET SIRLOIN STEAK

1/4 C. plus 1 tsp. Lea & Perrins®
Worcestershire Sauce, divided
2 T. lemon or lime juice
2 T. olive oil
1/4 C. instant minced onion
3/4 tsp. salt
1/2 tsp. instant minced garlic
3 lb. sirloin steak
2 T. butter or margarine
1 T. chopped parsley

Combine 1/4 cup of the Lea & Perrins®, lemon juice, oil, minced onion, salt and minced garlic; mix well and set aside.

Place steak in tight−fitting bowl or plastic bag. Pour Lea & Perrins® mixture over steak. Marinate 2 hours.

Remove steak from marinade. Place on rack. Grill over hot charcoal or broil under preheated hot broiler for 7 to 10 minutes on each side or until done as desired, brushing occasionally with leftover marinade. Remove steak to serving plate.

In a small saucepan melt butter. Stir in parsley and remaining 1 teaspoon Lea & Perrins®. Pour over steak. Slice and serve. Yields 4 to 6 portions.

PEACH BARBECUED SPARE RIBS

4 lb. spare ribs
Onions
1/2 C. soy sauce
1/4 C. catsup
1/2 C. Hiram Walker Peach Flavored Brandy
2 cloves garlic, crushed, finely chopped

Arrange ribs in flat roasting pan. Cover with thinly sliced onions. Add water to bottom of pan. Cover with foil and bake at 350ºF for 1 hour.

Meanwhile, prepare marinade by mixing soy sauce, catsup, brandy and garlic. Marinate ribs for 4 hours in the marinade. Bake at 350ºF for 30 to 35 minutes. Glaze with honey mixture.

Honey Glaze
3 tsp. honey
1 T. marinade sauce

Raise heat to 450ºF for 5 minutes only. Garnish with onion rings. Serves 6 to 8.

PORK PULL

5 lb. pork butt
Salt, to taste
Freshly−ground pepper, to taste

<u>Marinade</u>
1 qt. cider vinegar
3 chipotle peppers, chopped
4 garlic cloves, minced
2 T. black pepper
2 T. salt

Mix all marinade ingredients together and let stand overnight.

Season pork with salt and pepper. Smoke over hickory at 225ºF to 250ºF for 8 to 10 hours. Let pork cool slightly. Pull the meat apart with a fork. Chop it up slightly and pour marinade over it. Allow it to rest for 1 hour. Mix the meat up thoroughly. Serve with cole slaw and white rolls.

PULLED PORK WITH ROOT BEER BARBECUE SAUCE

1 (2 1/2 to 3 lb.) pork sirloin roast
1/2 tsp. salt
1/2 tsp. pepper
1 T. vegetable oil
2 medium onions, cut into thin wedges
1 C. root beer
2 T. minced garlic
3 C. root beer (two 12−oz. cans or bottles)
1 C. bottled chili sauce
1/4 tsp. root beer concentrate (optional)
Several dashes of hot pepper sauce (optional)
8 to 10 hamburger buns, split
Lettuce leaves (optional)
Tomato slices (optional)

Trim fat from meat. If necessary, cut roast to fit into crockery cooker. Sprinkle meat with the salt and pepper. In a large skillet brown roast on all sides in hot oil. Drain. Transfer meat to a large crockery cooker. Add onions, the 1 cup root beer and garlic. Cover; cook on low for 8 to 10 hours or on high for 4 to 5 hours.

Meanwhile, for sauce, in a medium saucepan combine the 2 cans or bottles of root beer and bottled chili sauce. Bring to boiling; reduce heat. Boil gently, uncovered, stirring occasionally, about 30 minutes or until mixture is reduced to 2 cups. Add root beer concentrate and bottled hot pepper sauce if desired.

Transfer roast to a cutting board or serving platter. Discard juices. Using two forks, pull meat apart into shreds. To serve, line buns, either plain or toasted, with lettuce leaves and tomato slices, if desired. Add meat and onions, then spoon on sauce. Makes 8 to 10 servings.

ROUND STEAK SIZZLER

3/4 C. catsup
1/2 C. Lea & Perrins® Worcestershire sauce
1/3 C. vegetable oil
1 tsp. salt
3 lb. boneless beef round steak

In a small bowl, combine catsup, Lea & Perrins®, oil and salt. Place steak in a snug−fitting bowl or doubled plastic bag. Pour catsup mixture over steak. Cover or fasten and refrigerate for 24 hours.

Remove steak from marinade. Place on a rack over hot charcoal. Grill until done as desired, about 12 minutes on each side for medium, brushing with marinade occasionally. Or, if desired, place on a rack in a broiler pan. Place under a preheated hot broiler for 7 to 10 minutes on each side or until done as desired, brushing occasionally with leftover marinade.

SANTA FE GRILLED STEAK AND CORN

4 beef T−bone or boneless beef top loin steaks, 1−inch thick
4 ears fresh sweet corn, in husks
3 T. butter

Pull back husks from each ear of corn, leaving husks attached to base. Remove corn silk. Fold husks back around corn; tie at end of each ear with string or strip of outside corn leaves. Soak in cold water 30 minutes; drain.

Place corn on grid over medium, ash−covered coals; grill, uncovered, 20 to 30 minutes, turning often.

Meanwhile, combine glaze ingredients. Reserve 1/4 cup for chili butter. Place beef steaks on grid and grill beef T−bone steaks 15 to 18 minutes (beef top loin steaks 14 to 16 minutes) for medium rare to medium doneness, turning once and brushing with glaze.

In a 1−cup glass measure, add butter to reserved glaze and microwave on HIGH 1 1/2 to 2 minutes, stirring once. Stir to combine and melt any remaining butter.

Remove steaks and corn from grill. Carefully peel away corn husks and brush with chili butter. Serve beef with corn; pass remaining chili butter.

Glaze
1/2 C. Heinz® 57 Sauce
2 cloves garlic, crushed
1 1/2 tsp. chili powder
1/2 tsp. ground cumin

SANTA FE STYLE STEAK

1/2 C. Heinz® 57 Sauce
2 cloves garlic, minced
1 1/2 tsp. chili powder
1/2 tsp. ground cumin
4 beef steaks (for grilling)

Combine all ingredients except steak; reserve 1/4 cup for dipping cooked steaks. Brush steaks with sauce mixture. Grill to desired doneness, about 14 to 18 minutes for 1−inch thick steaks, turning once and brushing with sauce.

SHISH KEBAB

5 lb. beef tenderloin,
cut into 1−inch cubes
1 onion, cut into 1−inch pieces
1 bell pepper, cut into 1−inch pieces
1/2 lb. large fresh mushrooms
2 yellow squash, sliced
Italian oil and vinegar salad

Alternate beef and vegetables on 8 skewers. Marinate overnight in salad dressing. Grill after draining.

SIERRA RANCH RIBS

4 lb. country−style spareribs,
trimmed, cut into serving pieces
Water
1 (8 oz.) can tomato sauce
1 C. chopped onion
1/2 C. Karo® dark corn syrup
1/4 C. cider vinegar
2 T. Worcestershire sauce
1 tsp. salt
1 tsp. monosodium glutamate
1 tsp. dry mustard
1/2 tsp. chili powder

In a 5−quart kettle place spareribs; add water to depth of 1 inch. Cover. Bring to boil over high heat; reduce heat and boil gently 1 hour or until ribs are fork tender. In 1−quart saucepan mix together remaining ingredients. Bring to boil; reduce heat; simmer 10 minutes. Drain ribs. Brush generously with sauce.

To grill, place ribs 6 inches from source of heat, basting and turning frequently, about 15 minutes or until browned.

To broil, place ribs on broiler pan. Broil 4 inches from source of heat, basting occasionally, about 10 minutes on each side. If desired, heat remaining sauce and serve with ribs. Makes 6 to 8 servings.

SIRLOIN SHISH KEBAB

2 C. port or Burgundy
4 tsp. Worcestershire sauce
4 cloves garlic
2 C. vegetable oil
8 T. catsup
4 T. vinegar
2 tsp. marjoram
4 tsp. sugar
2 tsp. salt
2 tsp. Accent®
2 tsp. rosemary
3 lb. sirloin tip, cut in 2−inch squares
12 fresh mushrooms
3 tomatoes, quartered
3 onions, quartered
3 green bell peppers, quartered

Mix all ingredients except tomatoes, onions and green peppers. Marinate for at least 4 hours (overnight is better) in a nonreactive dish. Alternate steak and vegetables on 6 skewers. Broil over charcoal fire, turning frequently, and basting with marinade. You can add potatoes and pineapple, if desired.

SMOKED PORK LOIN SANDWICHES

8 C. boiling water
2/3 C. kosher salt
1/2 C. packed dark brown sugar
1 (2 lb.) boneless pork roast
Chunks or logs of fragrant hardwood

Stir together the water, salt and brown sugar. Cool to room temperature.

Pour the brine over the pork. Use one or two heavy plates to weight the pork down and keep it beneath the surface of the brine. Cover and refrigerate for 12 hours.

Pour off and discard the brine. Rinse the pork under cold running water, then pat dry. Bring the pork to room temperature.

Prepare a smoker according to manufacturer's instructions, using the wood chunks and reaching a steady temperature of 275ºF to 300ºF. Place the pork on the rack in the coolest part of the smoker (at the end farthest from the firebox or on the upper shelf). Lower the cover and smoke the pork, rotating it on the rack once or twice (but not turning it over) to promote even smoking, for about 2 1/2 hours or until it is just fully cooked through and tender without showing any sign of pinkness.

Remove the pork from the smoker and cool to room temperature. The pork will be most flavorful if it is not refrigerates. Or wrap it well and refrigerate for up to 3 days, returning it to room temperature before slicing or shredding and serving it.

SMOKED RIBS WITH HONEY−MUSTARD SAUCE

Hickory chips
5 lb. pork spareribs
1/2 C. honey
1/4 C. firmly packed brown sugar
1/4 C. prepared mustard
1/2 tsp. maple flavoring

Soak hickory chips in water at least 15 minutes. Prepare charcoal fire in smoker; let burn 15 to 20 minutes or until coals are white. Place hickory chips on coals. Place water in pan in smoker; fill with water. Place ribs on food rack. Cover with smoker lid; cook ribs 3 hours.

Combine honey and remaining ingredients in a saucepan; cook over medium heat, stirring constantly, until sugar dissolves. Baste ribs with sauce; cover and cook 30 minutes. Turn ribs over, and baste again with sauce. Cover and cook an additional 30 minutes. Yields 5 to 6 servings.

SMOKY CITRUS KABOBS

1 lb. pork tenderloin, cut
into 3/4 inch cubes
1/3 C. smoky barbecue sauce
1/3 C. marmalade
2 T. prepared horseradish

Thread cubes onto skewer (if using bamboo skewers, soak in water for 30 minutes). Stir together remaining ingredients for basting sauce. Place kabobs over medium−hot coals. Brush with basting sauce. Grill 10 to 12 minutes, turning and brushing frequently with sauce.

SOUTHWESTERN GRILLED PORK TENDERLOINS

2 whole pork tenderloins (about 1 1/2 pounds total)
5 tsp. chili powder
1 1/2 tsp. oregano
3/4 tsp. ground cumin
2 garlic cloves, crushed

Mix together chili powder, oregano, cumin and garlic and rub over surfaces of tenderloins. Cover and refrigerate 2 to 24 hours.

Grill over medium−hot coals, turning occasionally, for 15 to 20 minutes, until inserted thermometer reads 160ºF. Pork is done when there is still a hint of pink in the center. Slice to serve.

SOUTHWESTERN RIBS

1/4 C. flour
1 large size (14 x 20−inch)
Reynolds Oven Cooking Bag
1 1/2 C. barbecue sauce
1 medium onion, cut into wedges
2 tsp. chili powder
1 tsp. dry mustard
1/4 tsp. garlic powder
1/4 tsp. cayenne pepper
3 lb. pork spareribs, fat trimmed

Preheat oven to 325ºF. Shake flour in Reynolds Oven Cooking Bag; place in 13 x 9−inch baking pan. Add barbecue sauce, onion and seasonings. Squeeze bag to blend ingredients. Cut ribs into serving size pieces; place in bag. Turn bag to coat ribs with sauce. Arrange ribs in an even layer. Close bag with nylon tie; cut 6 half−inch slits in top. Bake 1 1/2 hours or until ribs are tender. Makes 4 to 6 servings.

Microwave directions: Follow recipe as directed. Place bag in shallow 2 1/2−quart microwave−safe casserole. Close bag with nylon tie; cut 6 half−inch slits in neck of bag below tie. Microwave on HIGH 5 minutes. Rotate dish.

Microwave on MEDIUM HIGH (70% power) 30 to 40 minutes or until ribs are tender, using oven mitts to turn bag over and rearrange ribs after 15 minutes. Let stand in bag 10 minutes.

SOY SAUCE PORK CHOPS

No one will ever guess your secret marinade!

4 (1−inch thick) center or
loin cut pork chops
1 small bottle soy sauce

Place pork chops in a nonreactive dish. Pour soy sauce over them. Marinate pork chops in the refrigerator; they may be started early in the morning, or shortly before cooking, but are best if they marinate at least 1 hour.

Build a charcoal fire, and when coals are hot, spread coals to distribute heat. Grill pork chops about 6 to 8 inches from the fire. Baste with soy sauce from the non−reactive dish every 10 minutes for 1 hour, or until done.

STICKY BONES

1 C. vinegar
1/2 C. honey
2 T. Worcestershire sauce
1/2 C. catsup
1 tsp. salt
1 tsp. dry mustard
1 tsp. paprika
1/4 tsp. black pepper
1 clove garlic, minced
4 lb. beef ribs

Combine vinegar, honey, Worcestershire, catsup, salt, mustard, paprika, pepper and garlic in saucepan. Cover, bring to boil, reduce heat, and simmer 15 minutes. Place ribs in a single layer in baking pan, cover with hot marinade, and let stand 1 hour. Drain off marinade, then bake ribs at 325ºF for 1 hour, turning and basting often with marinade. Serves 6.

TEQUILA MARINATED SPARERIBS

1 rack of pork spareribs (about 3 pounds)
Salt
Freshly−ground black pepper
1 C. olive oil
Juice from 4 limes
1/2 C. gold tequila
1 onion, finely chopped
2 T. minced garlic
2 medium jalapeños, stemmed, seeded, and finely chopped
2 T. finely chopped fresh cilantro leaves

Season the ribs with salt and pepper. In a small mixing bowl, whisk the oil, lime juice, tequila, onions, garlic, jalapenos, and cilantro. Season with more salt and pepper. Place the ribs, meat side down, in a glass baking dish. Pour the marinade over the ribs, coating each side completely. Cover with plastic wrap and refrigerate overnight (at least 12 hours), turning every couple of hours.

Remove from the refrigerator and bring the ribs to room temperature.

Preheat the grill on low. Place the ribs, meat side down, and grill them, turning and basting every 15 minutes. Cook for about 1 1/2 to 2 hours, or until the ribs are tender. Remove from the grill and slice into individual ribs.

TERIYAKI FLANK STEAK

1 1/2 lb. flank steak
1/4 C. soy sauce
1/4 C. vinegar
3 T. honey
2 T. vegetable oil
1 1/2 tsp. garlic powder
1 1/2 tsp. ground ginger
1 or 2 finely chopped scallions

Lightly score steak on both sides with knife so marinade can soak in. Mix remaining ingredients for marinade. Place steak in marinade and turn often. (A large plastic bag or zip−type bag is good for marinating.) Let stand in refrigerator for 4 to 6 hours. Barbecue over flaming coals, about 5 minutes on each side for medium−rare. Slice meat on diagonal to serve. Slice very thin. Pour marinade over meat, if desired. Serves 4.

TERIYAKI PORK CHOPS

4 (1 1/2−inch thick) boneless center loin chops
1 C. teriyaki marinade
1 tsp. hot pepper sauce (optional)
1/4 C. chopped scallions

Combine all ingredients in bowl or plastic bag and marinate from 30 minutes to overnight in refrigerator. Remove chops and grill directly over hot coals for 12 to 15 minutes, turning once.

TIJUANA TACOS

1 1/2 lb. rib eye steak, sliced
Juice from 1 Mexican lime
Salt, to taste
Corn tortillas, heated

Sprinkle lime juice and salt on the meat. Let set for 10 minutes, then broil it over charcoal until just done. Slice the meat into bite−size pieces and place on heated corn tortillas.

Top with guacamole, minced onion, chopped cilantro and sauce of your choice, to taste.

TROPIC SUN SPARERIBS

3 1/2 to 4 lb. spareribs or country−style ribs
3 large cloves garlic, pressed
Salt
Pepper
1 large onion, sliced
1 (20 oz.) can crushed pineapple, undrained
1 (12 oz.) bottle chili sauce
1/2 C. brown sugar, packed
1 tsp. ground ginger
1/2 tsp. dry mustard

Rub ribs with garlic. Sprinkle with salt and pepper. Arrange onion in large baking pan. Place ribs on top. Add 1/4 cup water to pan. Cover with foil. Bake 30 minutes.

Combine remaining ingredients. Spoon over ribs. Bake, uncovered, 1 hour longer. Makes 4 to 6 servings.

VERDE VALLEY FAJITAS

1 1/2 to 2 lb. skirt steak or lean flank steak, or 6 chicken breast halves, boned and skinned

Marinade
1/4 C. vegetable oil
2 T. lemon juice
2 T. soy sauce
2 T. chopped scallions
1 clove garlic, minced
1 tsp. coarsely ground black pepper
1 tsp. celery salt
1 tsp. jalapeño juice (optional)

Fajitas
Warm flour tortillas
Garnishes: salsa, refried beans, guacamole, grilled sliced onions, grated cheese, chili con queso

Remove all fat from the steak and wipe the meat with papertowels. Combine the marinade ingredients and mix well. Place the steak and the marinade ina shallow dish. Let stand at cool room temperature or in the refrigerator for at least 6hours, turning frequently. Drain off the liquid. Broil over hot coals to the desireddegree of doneness. Cut the steak diagonally in thin slices.

Provide guests with warm tortillas, sliced steak andbowls of garnishes to make their favorite rolled and stuffed fajitas.

– – – Grilling Chicken

When I grill chicken I either grill a whole chicken cut into pieces or I grill skinless, boneless chicken breasts. Each requires a little different strategy when cooking. The challenge to skin on chicken is the flare−ups and the burning chicken fat. Skinless chicken will dry out easy and can quickly lose flavor.

When grilling chicken pieces with the skin on the first thing to do to avoid flare−ups is to not pierce the meat. This will allow the fat to run out quickly and catch fire. Always use tongs when grilling meat, especially chicken. The second thing you can to is to keep the chicken moving. Try to save space on the grill to move chicken pieces out of the fire. If worse comes to worse move the chicken to the upper rack or off the grill completely for a minute to let the fires die down. I avoid spray bottles because I think they change the flavor of the food and a quick blast of cold water can cause damage to your grill. They always tell you not to put water on a grease fire, well that holds for the grill also.

If flare−ups are a problem and you don't want to have to stand in front of the grill for the whole cooking time you can always opt for indirect cooking. This can be accomplished in a couple of ways. If you are using a charcoal grill put the coals in a ring around the edges of the grill and cook the chicken over the part where they are not any coals. If you are using a gas grill then you either have a grill with dual burners or you don't. If you have the dual burners, preheat both sides and turn one side off when you put the chicken on. If you don't have the dual burners then make a pan out of a piece of aluminum foil and place if over the briquettes (or lava rocks or whatever) and under the cooking grate. Place the chicken directly over the foil. The foil will catch the fat and keep it from reaching the burners. The downside of indirect cooking is that it will take longer. Add about 10%−20% more cooking time, but keep a close eye on things.

When cooking skinless chicken always make sure you put something on the chicken to keep it from drying out. This can be a thin coat of cooking oil or a marinade. Also, flatten chicken breasts out before you grill them. If you don't then the thin parts will dry out before the thick parts get cooking. Pounding the chicken with a kitchen mallet will make the cooking more even.

There is a third method for grilling chicken of course and that's to use a rotisserie. Grilling chicken on a rotisserie will take some time but it's well worth the wait. To keep the chicken from burning and to avoid flare−ups

put a piece of foil directly beneath where the chicken will spin to catch the escaping fats. You will also want to turn the grill down as low as you can to make sure the inside has a chance to cook before the outside gets overdone.

– – – Smoked Chicken

So what's so great about smoked chicken? If you ask this then you've never tried it. Imagine a roasted chicken bathed in flavorful smoke and slow cooked to the point where it melts in your mouth. Got that? Then you're about half way there. I really think that smoking chicken is the way it was meant to be cooked. But then I think smoking anything is the way to go.

The first step in smoking a chicken is to find a good chicken. Don't pick up a shriveled, frozen bird at the supermarket. Pick out a fresh, plump bird. You want a good size because it's going to go fast. If you're cooking for more than about five people consider getting two. I usually try to find a 4 to 5 pound bird. Yes you can find them, just not everywhere. If you can't find a fresh one, then follow the instructions for thawing.

Smoking one 4 pound chicken will take about 4 hours. Before you put the chicken in the smoker give it a good wash and trim off any lose fat and skin. Smoke at about 180 degrees until the temperature at the center of the breast reaches at least 165 degrees. Watch this temperature closely because you don't want to get too far above 165.

If you do nothing with the chicken at this point but put it in the smoker you'll get a marvelous bird. However there are several things you can do, namely stuffing, mops and rubs.

Stuffing can range from the traditional to the somewhat strange. One good way to flavor the chicken from the inside is with a can of beer. Beer mixes well with smoked chicken so you tend to find it in a lot of mops and stuffing. A good traditional stuffing would include apples, onions, sage, thyme and bread.

My favorite mop is a good stout. I usually get a really big bottle of stout, use about 1/4 for the chicken and the rest for me. Pour some beer in a bowl, add some garlic and onion, maybe some sage, thyme and bay leaves, or cayenne, chili powder and paprika.

For poultry a good rub usually has sage, thyme and bay leaves. These flavors go along way with chicken. Try to harmonize your flavors by using the same combinations in your stuffing, rub and/or mop.

So how do you know when the smoked chicken is done? Use a thermometer. It is the best way to know that your bird is safe to eat. A good smoked chicken will be very tender, have a late summer tan, pink meat and the juices will

run clear. Make sure your bird has all these elements.

– – – Barbecued Chicken

By the narrow definition of Barbecue you would think that Barbecued Chicken requires long hours of slow cooking. However the versatility of chicken lends a few more options to the custom backyard barbecue pit. Cooked right, chicken is tender and tasty without a lot of smoke or long hours of smoking. But that doesn't mean that you can't do it that way.

In the United States, Barbecued Chicken defines the Barbecue flavor for many people. Whether it's chicken cooked in an oven and covered with bottled sauce or chicken slow cooked in a bath of smoke, mopped with sauce over long hours, this is one of the greats of barbecue.

So what's the best way to barbecue a chicken? The main method I use is a charcoal grill, a whole chicken cut into pieces and a lot of sauce. the best way to sauce up the chicken is to use a thin spicy sauce during cooking and a thick sweet sauce for serving. Rub the chicken down with a good spice mixture a couple of hours before you grill. Use cayenne, chili powder and garlic if you like a hot spice or tarragon, sage and paprika if you like a mild sauce. Mop it with a thin mop while it cooks. Try taking your rub mixture and mixing it up with some water, vinegar and a little tomato sauce. Mop with every turn and let the mop form up on the surface of the chicken and sink in over the hot coals. For the table sauce use the same spices used for the rub and mix it up with some tomato sauce, honey and some minced onion and garlic.

If you like beer in your barbecue use it instead of the water for the mop and add a little in the table sauce. Part of the secret of good barbecued chicken is to stick with the same flavors throughout the whole process. If you like the sauce on your chicken to have a bit of a burn on it add the table sauce 10 minutes before you take the chicken off the grill. But watch it closely because the sugars can burn and leave a little more char than you probably want.

BARBECUED CHICKEN

3 whole chickens (cut in halves)
1/2 C. Italian salad dressing
1/4 C. oil
5 T. vinegar
2 T. Worcestershire sauce
1 T. salt
1 tsp. pepper
2 T. lemon juice
4 T. butter

Marinate chicken halves for 2 hours in above ingredients. Place on smoker; put drained liquid in bottom of pan. Hickory chips or crab apple sticks may be added to coals. Cook for 5 hours.

BARBECUED DUCK APPETIZERS

Ducks
Bacon
Barbecue Sauce

Use duck breasts, skinned and each half cut into thirds. Cut into halves if ducks are small. Legs may also be used. Wrap each piece of duck liberally with bacon and secure tightly with wooden picks. Place over coals and grill approximately 1 hour. Baste frequently with any kind of barbecue sauce. Figure at least 1/2 large duck per person. This recipe is also good for dove breasts.

BARBECUED ISLAND CHICKEN

3/4 C. firmly packed dark brown sugar
1/2 C. bottled Italian dressing
1/2 C. pineapple juice
2 T. chopped fresh mint
1 1/2 tsp. grated fresh ginger
6 boneless, skinless chicken breast halves
Grilled pineapple wedges (optional)

In a small bowl, combine all ingredients except chicken. In a large, shallow non−aluminum baking dish or plastic bag, pour 1 cup marinade over chicken; turn to coat. Cover or close bag and marinated in the refrigerator, turning occasionally, up to 3 hours. Refrigerate remaining 3/4 cup marinade.

Remove chicken from marinade, discarding marinade. Grill or broil chicken, brushing with refrigerated marinade, until chicken is no longer pink. Serve, if desired, with grilled pineapple wedges.

CHARCOALED LEMON CHICKEN

4 broiler halves
Juice of 9 lemons
2 T. Worcestershire sauce
Accent®
Garlic salt
Cavenders®
Lemon−pepper marinade
1 stick butter

Sprinkle chicken halves on both sides liberally with Accent, garlic salt, Cavenders® and lemon pepper marinade. Place in pan or casserole big enough to hold all 4 halves. Mix lemon juice and Worcestershire, and add to pan with chicken. Marinate for at least 8 hours, turning about 3 times — the last time with meat side down. When you have started your charcoal fire, dot chicken with pats of butter and place in a 225ºF oven for 1 hour.

When your fire is ready (good coals), place chicken halves on grill, bone side down. Cook with top of grill down, but turn frequently for approximately 30 minutes. Dip in marinade each time you turn. Keep bone side down 80% of the time. Serve with a dish of marinade to spoon over chicken.

CHICKEN ASADO

2 broiler−fryer chickens, halved
2 C. olive oil
2 C. vinegar
1 C. dry wine
1 T. salt
1 tsp. red pepper flakes
2 tsp. oregano
1 tsp. thyme
1 T. parsley
1 clove garlic, minced

Make sauce by mixing together all ingredients except chicken and heat to boiling point; coat chicken halves with sauce and place on preheated charcoal grill. Cook approximately 1 hour or until done, basting frequently and turning. Makes 4 servings.

GINGER CHICKEN

2 1/2 to 4 lb. cut−up chicken
2 tsp. chili powder
2 tsp. salt
16 oz. plain yogurt
8 large cloves garlic, minced
2 x 2" piece ginger root, peeled and ground

To grind garlic and ginger easily, peel and chop coarsely. Put small amount of yogurt in blender, ad ginger and garlic. Purée until smooth. Add remaining yogurt and spices. Blend until mixed. Pour over chicken. Marinate in covered container overnight, 12 or 24 hours. Shake occasionally. Cook over hot coals on barbecue. Serve hot with lemon slices.

GRILLED CHICKEN

1 C. orange juice
1 tsp. garlic powder
1/2 C. chopped cilantro
2 T. soy sauce
1 tsp. chili powder
Salt and pepper, to taste
4 boneless, skinless chicken breasts
Flour tortillas (optional)

In a large bowl, mix orange juice, garlic powder, cilantro, soy, chili powder, salt and pepper. Place chicken inside a large zip−top bag and pour marinade into bag. Let chicken marinate in the refrigerator for 1 to 24 hours, the longer the better.

Prepare barbecue grill. When it's hot, grill chicken breasts until they are no longer pink on the inside. Watch closely, as chicken breasts cook quickly. Chicken can be served whole or cut up and wrapped in tortillas.

KOREAN CHICKEN WINGS

1/2 C. oil
1/2 C. sugar
3/4 C. soy sauce
3/4 C. catsup
2 tsp. sesame oil
2/3 tsp. garlic powder
1/2 tsp. pepper
3/4 C. chopped scallions
5 lb. chicken wings

Combine all ingredients except the wings. Pour mixture over wings and marinate in the refrigerator for at least 8 hours. Place wings on a foil−lined cookie sheet. Bake at 350ºF for one hour. Use extra sauce to baste. Serves 8 to 12.

LEMON−ROSEMARY CHICKEN

1 (3 1/2 lb.) chicken, cut up
3 large lemons
1/4 C. olive oil or vegetable oil
1/2 C. fresh rosemary or 3 T. dried rosemary
6 cloves garlic, minced or pressed
Rosemary sprigs
Lemon wedges
Salt and pepper

Remove and discard excess fat from chicken. Rinse chicken and pat dry. Cut lemons in half and ream juice to make 3/4 cup. Combine reamed lemon shells, lemon juice, oil, the 1/2 cup rosemary and garlic in a large heavy−duty plastic bag or nonreactive bowl. Add chicken and seal bag (or cover bowl). Rotate bag to distribute marinade and place in a shallow pan. Refrigerate for at least 4 hours or until the next day, turning chicken occasionally.

Remove chicken from bag, reserving marinade. Arrange chicken, bone side done in center of cooking grate. Place lid on grill. Cook, brushing occasionally with reserved marinade, until meat near bone is no longer pink (30 to 35 minutes for breasts, 35 to 45 minutes for thighs and drumsticks; cut to test). Transfer chicken to a platter or individual plates. Garnish with rosemary sprigs and lemon wedges. Season to taste with salt and pepper. Makes 4 servings.

MARGARITA CHICKEN BREASTS

4 boneless, skinless chicken breasts

<u>Margarita Marinade</u>
1/4 C. tequila
2 T. fresh lime juice
1 tsp. lime zest
1 T. honey
1 T. minced cilantro
1 T. vegetable oil
1 small fresh jalapeño, minced
1/2 tsp. dried tarragon
1/2 tsp. salt
Freshly−ground black pepper, to taste

Arrange the chicken in a single layer in a nonreactive dish. Mix the marinade ingredients together, and pour the mixture over the chicken. Cover the chicken, and refrigerate it 8 hours or overnight. Turn it at least once.

Fire up enough charcoal to form a single layer of coals beneath the breasts, and heat the coals until they are covered with gray ash. Drain the chicken, reserving the marinade in a small saucepan. Cook the chicken, uncovered, over medium−hot coals until it is cooked through, basting it with some of the marinade. Let the chicken sit for 5 to 10 minutes after it cooks. Meanwhile, bring the reserved marinade to a boil, and boil it for at least 4 minutes, reducing the liquid slightly. Taste it, and adjust the seasoning. Cut each chicken breast into thin slices, arrange them on a platter or individual plates, and top them with the sauce made from the marinade. Serve the breasts hot.

MIDDLE EASTERN GRILLED CHICKEN

4 chicken breast halves,
skinned and browned
1/4 C. lemon juice
2 T. oil
2 T. hot mustard
1/2 tsp. oregano
1/4 tsp. salt
4 medium−size onions, cut in half
1 green bell pepper, cut into
1−inch squares

Cut chicken into 1−inch pieces. Combine lemon juice, oil, mustard, oregano and salt. Add chicken, stirring until well coated. Cover and refrigerate at least 2 hours. Arrange on skewers, alternating with onions and green pepper. Grill over hot coals or broil for 10 to 15 minutes, turning occasionally, and brushing with marinade. Serves 4.

ORANGE BARBECUE CHICKEN

1 C. orange juice
1 tsp. garlic powder
1/2 C. chopped cilantro
2 T. soy sauce
1 tsp. chili powder
Salt and pepper, to taste
4 boneless, skinless chicken breasts
Flour tortillas (optional)

In a large bowl, mix orange juice, garlic powder, cilantro, soy, chili powder, salt and pepper. Place chicken inside a large zip−top bag and pour marinade into bag. Let chicken marinate in the refrigerator for 1 to 24 hours, the longer the better.

Prepare barbecue grill. When it's hot, grill chicken breasts until they are no longer pink on the inside. Watch closely, as chicken breasts cook quickly. Chicken can be served whole or cut up and wrapped in tortillas.

OVEN BAKED BARBECUE CHICKEN

2 C. tomatoes, canned or fresh
1/4 C. chili sauce
1/4 C. A−1 Sauce
1/3 C. vinegar
2 T. brown sugar
2 onions, minced
1 T. paprika
1 tsp. salt
1 T. Worcestershire sauce
Garlic, to taste

Break tomatoes into small pieces. Add all other ingredients. Simmer until well cooked. Pour over chicken which has been layered in a baking dish, and bake one hour at 325ºF. If mixture becomes thick before meat is done, add a little water. May be used over ribs, also.

ROAST TURKEY ON A BARBECUE

Prepare and stuff turkey as for roasting. Prepare fire on covered grill, and use indirect heat with pan under bird and coals on either side. Use thermometer to keep heat between 325ºF and 400ºF. Add charcoal periodically to keep heat up. Rub turkey with peanut oil and place directly on grill. Baste frequently with the following sauce recipe. If the turkey is over 10 pounds, double the sauce recipe.

Sauce
1 C. white wine
1/4 C. olive oil
2 T. butter
1 medium onion, minced
1 clove garlic, crushed
1 tsp. each salt, pepper and parsley
1/4 tsp. paprika
2 tsp. rosemary

Simmer all of the above ingredients in a saucepan for 15 minutes.

Cooking Times
10 lb. turkey − 25 minutes per pound
10 to 15 lb. turkey − 22 minutes per pound
15 lb. or over turkey − 18 minutes per pound

For best results, use heat thermometer in turkey thigh for testing doneness.

TACO CHICKEN

2 T. dry taco seasoning mix
1 tsp. chili powder
1/4 tsp. salt
1 1/2 lb. boneless, skinless chicken thighs
Nonstick cooking spray

Preheat grill to medium−high heat. In a small bowl, combine taco seasoning mix, chili powder and salt. Spray each thigh lightly with cooking spray. Sprinkle the taco seasoning mixture on each thigh and rub evenly, coating well. Grill the chicken, turning occasionally, for 15 to 18 minutes or until no pink remains in the chicken and the juices run clear.

TERIYAKI CHICKEN

Chicken breasts
Teriyaki Sauce
Honey
Wine

Skin and de−bone the number of chicken breasts needed. Fix marinade of 1/3 teriyaki, 1/3 honey and 1/3 wine enough to cover the chicken. Let marinate overnight. Broil on grill until done.

SMOKED CHICKENS

1/2 bag hickory chips
10 lb. charcoal
6 whole chickens

Soak hickory chips in water overnight. Place charcoal in bottom of smoker. Start fire and let burn 30 minutes. Coals will be glowing, but not flaming. Remove hickory chips; save water. Place soaked chips directly on hot coals. Fill water pan with hickory water. Add more water until pan is filled. Place 3 chickens on each rack. Outside temperature will determine the length of time to cook. Very cold winter nights will require about 5 hours. Warmer weather will take less time, about 4 hours.

TEXAS−STYLE GAME HENS ON THE GRILL

4 Tyson Cornish Game Hens

Seasoning
1/2 tsp. salt
1/2 tsp. garlic powder
1/2 tsp. chili pepper

Sauce
1/2 C. apple jelly
1/2 C. catsup
1 T. vinegar
1/2 tsp. chili powder

Rub Cornish game hens inside and out with seasonings and place on grill. Cook one hour, or until tender, basting frequently during last 1/2 hour with sauce.

– – – Grilling Fish

I get a lot of requests for information on how to grill fish right. The first rule I've found is to not think about it that much. Fish is meant to be grilled. The direct heat cooks fish fast, easy and without removing moisture. Grilled fish is flavorful and juicy. The second rule is to remember that fish is naturally slippery, so when you grill fish, make sure that your cooking grate is well oiled. In fact, the grilling is so easy that you can do it right on the shoreline where you caught the fish.

Apart from that, fish is easy and fast. You can literally get fish off the grill in a matter of minutes, thus making fish the perfect after work meal. Pick up a couple of filets and lemon or two and light up the grill as soon as you get home. Fish is also great for dinner parties when you never know exactly when people will arrive. A few hours before dinner you can get the fish soaking in a marinade or otherwise seasoned up and light up the grill a few minutes before everyone wants to eat.

The hardest part of grilling fish is knowing when it's done. This is generally the hardest part of grilling, but don't worry. When fish is cooked the meat will flake easily with a fork and will appear opaque all the way through. If any part of the meat is still glossy and partially translucent then it's not done. Don't ever serve undercooked fish. Not only is it not safe, but you might turn someone off fish for life. To make this easy always start out with a steak or fillet that is evenly cut. If one part is much thicker than another it will be hard getting the thick part cooked before the thin part burns up. If you have a fillet that is uneven consider cutting it in two. Put the thick half on first and when it's about halfway done, put the thin half on. This way you will get it cooked to perfection without burning any.

Also keep some fresh lemon juice and maybe some melted butter handy while you are grilling. You can brush this on while you grill to add flavor and keep the fish moist. But remember that butter will burn so be careful with it. I love dripping lemon juice over fish while I grill it. The steam and the sizzle add to the show and make everyone appreciate the meal just a little bit more.

– – – Fish – The Secret Of The Grill Master

Get started by learning a few things about fish. Fish is the one great food that most people just are not getting enough of. If this is because you don't know how to cook a fish, or all the possibilities there are, then you have come to the right place. There are a few basics you should know first off, like the difference between a steak and a filet. Then you can step up to the grill or the smoker and make a great dish that your family will love. Of course it is an over generalization to lump all fish together, but since the cooking techniques are basically the same, then let's leave Halibut and Catfish together and let you decide which you prefer. For purposes of this section, when I say fish, I don't mean shellfish. To keep it simple I am only discussing the kind of creatures that swim, have fins, etc.

I believe that fish is what grilling is all about. Cooking fish out on the grill, whether it's the backyard or on the shore is easy and fun. Keep the grill very hot, brush some lemon juice over the fish while you are grilling and take it off the fire right when the meat is flaky and tender. The smells and flavors will bring everyone to the table with a healthy appetite. The real secret to great fish is timing. Keep a close eye on it and you'll have no trouble.

Smoke and Fish were made for each other. I don't think there are many things in this world you can put in your mouth that are better than smoked fish. The low and slow way of cooking lets the fish absorb the smoke flavor and enhances the whole experience. It also turns any fish into a flaky piece of heaven. Not only does smoked fish make a great meal, it also makes a great ingredient. The versatility of smoked fish is endless and since it is so easy, I bet you won't be buying smoked fish anymore.

– – – Smoking Fish

The preservation of fish has been an integral part of every seafaring culture. Over the course of thousands of years of drying, salting and smoking fish the technique has developed to a point where once common food has become a delicacy. In this article let's look at hot smoked fish.

Cold smoking requires temperatures of around 80F for several days. Hot smoking however can be done at temperatures of up to 200F and it only takes a few hours. It is best to start with a saltwater brine. The brining process is quick so don't worry about having to start out the day before. Plan on the fish being in the brine for about 15 minutes per 1/2 inch of thickness. Also plan on 1 quart of brine per pound of fish.

The brine can be simply salt and water. 2 1/2 tablespoons of plain salt, meaning salt without iodine, per cup of water. If you want to use tap water, let it sit in a large container without a lid to let the chlorine dissipate. The brine can also contain whatever seasonings you choose to add. You can replace some of the water with white wine, or you can add peppercorns, brown sugar, or any seasoning that you like with fish.

But what kind of fish to use? Any fish will work. However fattier fish will absorb more smoke flavor, so fish like salmon and trout are perfect for smoking. You can use whole fish or parts, but fillets with the skin still on are better than other cuts.

Most any kind of wood will work, but you might wish to use woods like apple or cherry. Salmon is usually smoked with apple, this is a tradition that dates back to the indigenous peoples of the northwestern United States. Of course you can use mesquite, oak or whatever your favorite smoke maker is. Because of the short smoke times, mesquite will not have a chance to impart too bitter of a taste, but I recommend using it sparingly.

If you can maintain a low smoking temperature, below 150F for the first hour or two, then the fish will have more time to absorb smoke flavor. Turn up the heat after 2 hours to around 200F to finish it off. Make sure that the fish is heated all the way through to at least 165F. Remember when it comes to low temperature cooking it is always better to be safe than sorry.

On a final note, I would like to point out that not only does smoked fish make a great meal or appetizer, it also makes a great ingredient. Try taking the meat from a smoked trout or similar fish and blend it together with some cream cheese, garlic, salt and pepper and you suddenly have a great spread

for crackers. Many recipes call for smoked fish, from soups to salads to main courses. With the knowledge of fish smoking under your belt you will be able to make these dishes even better with home smoked fish.

BARBECUED FISH WITH FENNEL

5 lb. fish fillets
2 lb. fennel
Oil or butter (for grill)
Juice of 1 lemon
3 T. butter
Lemon wedges and 3 T. melted butter (for serving)

Leave skin on fish and have it split almost through and the long backbone removed. Slice fennel lengthwise, including outside stalks, as they will go one the grill. Fill fish with tender inside slices of fennel. Skewer fish closed over fennel and tie, if necessary. Grease grill thoroughly with oil or melted butter.

When fire is hot, place outer fennel slices on grill to serve as a bed for fish. Place fish on fennel on grill; sprinkle with lemon juice, and brush generously with butter (or fish and fennel can be placed in a hinged wire grill). Cover grill or shape a loose tent of foil over fish. Grill 15 minutes. Brush with butter and turn fish. Continue cooking, turning, and basting with butter to cook evenly until fish is opaque near center when pierced with a fork, about 40 minutes for a 3−pound fish, up to 1 hour for a 7−pound fish.

Place fish on warm platter, carefully lifting fish from grill with broad spatula and fork or spoon. Discard scorched fennel tops. Fresh fennel can be added as garnish. Pull skin off top of fish with fingers, loosening it with a fork. Garnish with lemon wedges and serve with melted butter. Makes 6 servings.

BARBECUED ROCK LOBSTER TAILS

Frozen rock lobster tails
(2 per person)
1/2 C. butter, melted
1 clove garlic, minced
1/2 tsp. salt
1/2 tsp. pepper
1/4 C. lemon juice

Using kitchen shears, snip off thin shell on the underside of the lobster tail; then starting at the tail end, split the lobster shell up the back about 3/4 of the length. Combine remaining ingredients for a basting sauce; refrigerate sauce and lobster tails until time to cook.

Prepare bed of coals in charcoal grill and cook lobster tails, shell side down, 3 inches above coals, for 8 minutes, brushing with sauce. Turn lobster tails; brush with sauce and cook 6 minutes on the other side. Keep turning and brushing with sauce until lobster tails are done. Sauce is sufficient to baste 12 tails.

CATFISH PATÉ

16 oz. smoked catfish
8 oz. softened cream cheese
1/4 C. finely chopped onion
Juice of 1 lemon
1 tsp. Worcestershire sauce

Smoke the catfish in a Cajun cooker with hickory sticks and charcoal for 2 1/2 to 3 1/2 hours. Mix ingredients in a large bowl and season to taste with garlic, paprika, etc. Shape into a loaf and cover with chopped parsley and pecans. Serve on crackers or Melba toast.

CHILLED SMOKED FISH WITH HORSERADISH SAUCE

Whole redfish
Garlic salt
Lemon−pepper seasoning
Juice of 3 lemons
1/2 C. butter, melted
2 T. Worcestershire sauce
Dash of Tabasco® sauce
1 tsp. chopped parsley

Sprinkle fish with garlic salt and lemon−pepper seasoning. Combine next 5 ingredients to make basting sauce. Place aluminum foil over tail and head of fish and smoke on covered grill over low fire (to which wet hickory chips have been added) for about 1 hour. Baste every 15 minutes. Do not overcook. Fish should flake easily. Cool, refrigerate and serve with Horseradish Sauce. Yields about 1 serving per pound.

Horseradish Sauce
2 C. sour cream
1 T. horseradish
2 tsp. lemon juice
1/4 tsp. lemon−pepper seasoning
Salt, to taste
1 T. chopped chives or 1 tsp. dill seed or fresh dill
Paprika

Mix together all ingredients and spoon into bowl. Sprinkle with paprika. Makes 2 cups sauce.

The fish makes an excellent buffet dish. For an appetizer, serve a piece of smoked fish on a Melba round with a dab of sauce on top.

FOIL BARBECUED SHRIMP

2 lb. shrimp, shelled and de−veined
1/2 C. snipped parsley
3/4 tsp. curry powder
6 T. butter
1 clove garlic, minced
1/2 tsp. salt
Dash of pepper

In a saucepan melt butter; stir in parsley, curry powder, garlic, salt and pepper. Add shrimp; stir to coat. Divide shrimp mixture equally among 6 (18 x 12−inch) pieces of heavy duty foil. Fold foil around shrimp, sealing the edges well.

Grill shrimp over hot coals about 8 minutes. Turn and grill until done, 7 to 8 minutes more. Serve in foil packages, if desired. Serves 6.

GARLIC SHRIMP

2 lb. shrimp, peeled
2 cloves garlic, minced
Salt, to taste
Dash of Worcestershire sauce
1 to 2 T. chives (optional)
1/2 C. butter
3 lemons, juiced
Pepper, to taste
1/2 C. parsley, minced

Sauté garlic in butter. Remove from heat; add lemon juice, salt, pepper, Worcestershire, parsley and chives. Stir. Add shrimp. Marinate for 20 minutes. Put shrimp on skewers. Put foil on barbecue and lay shrimp on foil. Grill for 6 to 10 minutes or until done.

GRILLED CATFISH CAJUN−STYLE

1 tsp. lemon−pepper seasoning
1 tsp. white pepper
1 tsp. Creole seasoning
1 tsp. blackened fish seasoning
2 T. lemon juice
4 catfish fillets (1 1/3 pounds)
Vegetable cooking spray
Lemon wedges and celery tops

Combine first 4 ingredients in a small bowl. Sprinkle lemon juice and seasoning mixture on both sides of fish. Spray a wire fish basket with cooking spray; place fish in basket. Grill fish, covered, over medium coals (400ºF) for 7 to 10 minutes on each side or until fish flakes easily when tested with a fork. Remove fish from basket; place on a serving platter. Garnish with lemon wedges and celery tops.

GRILLED SALMON AND PASTA

1/4 C. fresh lemon juice
2 T. chopped fresh oregano
1 garlic clove, minced
1/2 tsp. freshly ground pepper
1/2 C. Star® Extra Virgin Olive Oil
12 oz. fresh salmon (1−inch thick)
2 large (about 6 oz.) Portabella mushroom caps, cut into thick strips
2 medium green or golden zucchini, halved lengthwise
1/2 lb. capellini or spaghetti pasta, cooked al dente
1/4 C. chopped Star® Spanish Olives
Sprigs of fresh oregano (for garnish)

Prepare barbecue grill for direct cooking (medium heat).

Thirty minutes before needed, combine lemon juice, oregano, garlic, pepper and olive oil. Reserve two thirds of olive oil mixture. Brush remaining olive oil mixture onto salmon, Portabella mushrooms and zucchini while grilling. Repeat brushing with olive oil mixture several times during cooking.

When cooking is completed, break salmon into bite−size pieces, cut mushroom strips and zucchini halves into 1−inch pieces; set aside and keep warm.

Heat reserved olive oil mixture in large skillet and add cooked capellini; heat thoroughly. Divide capellini and grilled ingredients among 4 plates and sprinkle 1 tablespoon chopped Spanish olives over the top of each serving. Garnish each plate with fresh oregano sprig. Serves 4.

GRILLED SALMON STEAKS

Basting Sauce
1/2 C. margarine
Cayenne pepper, to taste
3 dashes dill
1/2 C. ReaLemon® juice
4 C. brown sugar

Mix together. The sauce should be the consistency of pancake batter. Put salmon steaks on grill or in special holder for grilling. Grill to desired doneness, basting often with sauce. Serve with extra sauce. Recipe can be reduced for a smaller amount.

GRILLED SCAMPI WITH DIPPING SAUCE MARINADE

2 lb. large shrimp
1/4 lb. butter, melted
1/4 C. fruity olive oil
2 scallions, with tops, minced
6 cloves garlic, pressed
1 lemon, juice and zest
1/2 C. cilantro, minced
Salt and pepper, to taste

Place shrimp in a glass utility dish. Combine marinade ingredients, except salt and pepper, in medium container and pour over shrimp, reserving some marinade. Cover and set aside while you preheat the grill. Skewer shrimp, 2 to the stick, from tail through neck so you can lay the shrimp flat on the grill and turn them easily on the skewers. Dab with additional marinade. Pour marinade in small, flameproof pan and heat to boiling (either on grill edge or on stove). Season with salt and pepper. Grill shrimp, turning once, just until pink, 2 to 3 minutes at the most. Serve the boiled marinade as a hot dipping sauce.

GRILLED SHRIMP

2 lb. unpeeled large or jumbo shrimp
1 C. vegetable oil
1 C. lemon juice
2 tsp. dry Italian salad dressing mix
2 tsp. seasoned salt
1 tsp. seasoned pepper
1 tsp. Worcestershire sauce
4 T. brown sugar
2 T. soy sauce
1/2 C. chopped scallions

Wash shrimp and drain on paper towels. Mix oil,lemon juice, salad dressing mix, salt, pepper and Worcestershire sauce. Place shrimp inbowl and cover with marinade. Marinate in refrigerator 2 to 4 hours or overnight, stirringoccasionally.

Lift shrimp from marinade with slotted spoon andpush onto skewers. Place on charcoal grill about 6 inches from hot coals. Grill about 10minutes, turning once and brushing with marinade. Pour remaining marinade into pan. Stirin brown sugar, soy sauce and onion. Heat to boiling. Serve as a dip for shrimp. Serves8.

GRILLED SWORDFISH

The marinade in this recipe can be used for most fish.

4 large swordfish steaks, cut in half
1/4 C. fresh lemon juice
2 tsp. Dijon mustard
1/3 C. soy sauce
1 tsp. lemon peel, grated
1 clove garlic, crushed
1/2 C. vegetable oil
Lemon wedges

Prick swordfish all over and place in shallow, glass dish. Combine all remaining ingredients, except lemon wedges, which are used for garnish. Pour over the swordfish. Marinate for 1 to 3 hours (or longer, if desired). Broil or grill fish using moderate heat for 5 to 6 minutes per side, basting with remaining marinade.

GRILLED TEXAS SHRIMP

1/4 C. vegetable oil
1/4 C. tequila
1/4 C. red wine vinegar
2 T. Mexican lime juice
1 T. ground red chiles
1/2 tsp. salt
2 cloves garlic, finely chopped
1 red bell pepper, finely chopped
24 large raw shrimp, peeled and de−veined, tails left on

Mix all ingredients except shrimp in shallow glass or plastic dish. Stir in shrimp. Cover and refrigerate for 1 hour.

Remove shrimp from marinade, reserving marinade. Thread 4 shrimp on each of six (8−inch) metal skewers. Grill over medium coals, turning once, until pink, 2 to 3 minutes on each side.

Heat marinade to boiling in a nonreactive saucepan. Reduce heat to low. Simmer uncovered until bell pepper is tender, about 5 minutes. Serve with shrimp. Makes 6 servings.

GRILLED TUNA STEAKS

4 (3/4−inch thick) tuna steaks
1 C. commercial Italian salad dressing
2 tsp. freshly−ground pepper
1 lemon, quartered

Place tuna steaks in a 12 x 8−inch dish; pour salad dressing over tuna. Cover and refrigerate 1 hour, turning once. Remove steaks from marinade; reserve marinade. Sprinkle pepper on both sides of steaks.

Grill, covered, over medium coals (425ºF) for 5 minutes on each side or until fish flakes easily when tested with a fork, basting occasionally with marinade. Place on a serving plate; squeeze a lemon wedge over each steak.

HERBED SHRIMP AND BASIL MAYONNAISE

3/4 C. olive oil
2 T. lemon juice
1 T. minced parsley
2 garlic cloves, crushed
1 tsp. salt
1/2 tsp. oregano
Pepper
2 lb. shrimp

In a long shallow dish, combine all ingredients except shrimp. Rinse shrimp. With scissors, slit and devein them. Skewer shrimp and arrange in a dish to marinate for 2 hours. Grill shrimp over hot coals, 3 minutes to a side. Remove, then arrange in a bowl and garnish with parsley and lemon. Use Basil Mayonnaise for dipping.

Basil Mayonnaise
2 egg yolks (at room temperature)
1 tsp. wine vinegar
1 tsp. Dijon mustard
1/4 tsp. salt
1/2 tsp. white pepper
1 1/2 C. olive or vegetable oil, divided
Lemon juice and/or wine vinegar
Salt and pepper, to taste
2 C. fresh basil leaves
1/2 C. olive oil
1 garlic clove, crushed
1/4 tsp. salt
1/4 tsp. pepper

Rinse a mixing bowl with hot water and dry well. Add egg yolks, wine vinegar, mustard, salt and white pepper to taste. Beat vigorously with a whisk or at high speed of an electric mixer. Add olive oil VERY SLOWLY. Add 1/2 cup more in a stream, adding lemon juice, salt and pepper to taste. In a blender or food processor, blend basil leaves, 1/2 cup olive oil, garlic, salt and pepper to taste. Whisk the mixture into the mayonnaise, adding more lemon juice and salt to taste. Serves 4.

MARINATED CATFISH APPETIZERS

1 1/2 to 2 1/2 lb. catfish
1 small bottle Worcestershire sauce
1 small bottle soy sauce
1 tsp. cinnamon
2 T. black pepper
2 T. garlic salt
Juice of 6 lemons
Red onion slices

Fillet the catfish and cut the fillets into inch−wide strips. Mix together the next 6 ingredients and put into blender to mix. Soak the catfish strips at least 3 hours in mixture (overnight is better) in the refrigerator. Put fillets on skewers with red onion slices between fish slices, and cook 15 minutes on charcoal grill, or until fish is done.

ORANGE−MARINATED GULF FISH

Juice of 2 oranges, approximately 2/3 cup
Zest of 1 orange, minced
6 T. sherry
6 T. peanut or olive oil
2 garlic cloves, minced
1 tsp. prepared Creole mustard
1/4 tsp. salt
1/4 tsp. freshly−ground black pepper
4 (6 oz.) firm white fish fillets
Orange wedges and additional zest (for garnish)

Fire up enough charcoal to form a single layer beneath the fish. Combine all the marinade ingredients in a lidded jar, and shake the jar well.

Lay fillets in a single layer in a nonreactive pan. Pour marinade over the fish, and let the fish sit at room temperature for 30 minutes. Drain fillets, reserving marinade. Bring the marinade to a boil, and then simmer it for several minutes.

When the charcoal is covered with gray ash, place the fillets on the grill. Cook the fish until it is opaque and flaky, about 4 to 5 minutes per half−inch of thickness. Turn over the fish halfway through the cooking time, basting with the marinade then and shortly before the fish is done. Serve fish garnished with orange wedges and a sprinkling of orange zest.

RED SNAPPER VERACRUZ

Vegetable cooking spray
1/2 C. chopped green bell pepper
1/4 C. chopped onion
2 cloves garlic, minced
1 1/2 C. chopped, peeled tomato
2 T. chopped green chiles, drained
1 T. chopped fresh cilantro or parsley
1/4 tsp. salt
1/4 tsp. hot sauce
Dash of white pepper
4 (4 oz.) red snapper fillets
2 tsp. margarine, melted

Coat a nonstick skillet with cooking spray; place over medium−high heat until hot. Add green pepper, onion and garlic; cook, stirring constantly, until tender. Stir in tomato and next 5 ingredients; cook, stirring frequently, until thoroughly heated.

Brush fish with margarine; place in a fish basket coated with cooking spray. Grill, covered, over medium−hot coals (350ºF to 400ºF) for 5 minutes on each side or until fish flakes easily when tested with a fork. Serve with tomato mixture. Makes 4 servings.

SCALLOPS KEBAB

1/2 lb. scallops per person
Soy sauce
Oil and Vinegar Dressing
Green bell pepper
Onion
Tomatoes

Marinate scallops in mixture of 1/2 soy sauce and 1/2 oil and vinegar dressing for about 4 hours. Alternate scallops with chunks of green pepper, onion and fresh tomatoes on skewers. Grill outside about 20 minutes, or until scallops are done.

SKEWERED SHRIMP

3 lb. jumbo shrimp
1 C. vegetable oil
1 C. red wine vinegar
2 T. Worcestershire sauce
1 tsp. Accent®
3 T. salt
1/2 tsp. Tabasco sauce

Peel and devein the shrimp. Combine remaining ingredients, then marinate shrimp overnight in the sauce.

When ready to grill, alternate on skewers a shrimp, which has been wrapped in a strip of raw bacon, with a bud of garlic. Place the filled skewers over a charcoal fire and cook very slowly, basting frequently with the marinade.

SMOKE−BARBECUED SALMON

1 (3 1/2 to 4 lb.) salmon
1 T. chopped parsley
1/2 tsp. dill weed
1/2 tsp. sugar
1/4 tsp. salt
1 clove garlic, minced
1/2 tsp. grated lemon peel
2 C. hickory chips
Water
Vegetable oil

Mix spices and rub over the fish. Let stand at room temperature. Burn coals down until they are covered with gray ash.

Meanwhile, put hickory chips in water for 30 minutes, then drain well. Put hickory chips on the coals. Put fish on a greased grill. Cover the barbecue and open dampers just a crack. The fish will be done in about 20 minutes.

SMOKED FISH

3/4 C. Kosher salt (not iodized or ice cream salt)
1 qt. water
2 1/2 T. sugar
2 T. lemon juice
1 1/2 tsp. onion powder
1 tsp. garlic powder
1/2 tsp. seafood seasoning
Hickory chips
Vegetable cooking spray
GOPPS Seasoning Mix

Dissolve salt in water; stir in sugar and next 4 ingredients. Cut fish into serving−size pieces, if desired. Submerge fish in salt solution; cover and refrigerate overnight. Soak hickory chips in water for 30 minutes. Prepare charcoal fire in smoker; let burn 15 to 20 minutes. Place hickory chips on hot coals. Place water pan in smoker, but do not fill with water. Coat food rack with cooking spray and place in smoker. Remove fish from brine; pat dry. Sprinkle with GOPPS Seasoning Mix. Place fish on food rack. Cover with smoker lid; cook 2 hours or until fish flakes easily when tested with a fork. Makes about 5 pounds.

GOPPS Seasoning Mix
1 T. garlic powder
1 T. onion powder
1 T. paprika
1 T. pepper
1 T. brown sugar

SMOKED TROUT/SALMON

Trout or salmon
Lemon juice
Bacon grease

After normal cleaning process, remove head. Make vertical cut along top of fish, 1 inch deep from heat, back slightly past the dorsal fin. Squeeze lemon juice into dorsal cut and stomach cavity. Rub entire fish with bacon grease. Place lit charcoal piled at one end of charcoal grill over vent opening. Add saturated hickory chips. Place fish upright (open stomach flaps) away from coals, head closest to fire. Close top and vent opposite end to draw smoke over/under cooking fish. Cook 2 to 2 1/2 pound trout 45 minutes; 1 pound trout 30 minutes.

To serve, peel skin away. Add lemon juice as desired or serve with mayonnaise.

– – – Grilling Vegetables

The average griller has no problems plopping a couple of burgers or steaks on the grill, but many of us are at a loss as to the proper way to cook up a zucchini or a cob of corn. Well, no more fear. The truth of the matter is that grilling is a natural and fantastic way to prepare vegetables, whether as a side dish or as a meal in itself. To start with, remember that a veggie doesn't need to be cooked to death. Just get them warmed through and serve.

But first, there are a few tips to the proper grilling of plant matter. Rule one is to never let it dry out. This can be accomplished by covering the item in oil before placing it on the grill or by soaking it in cold water for up to one hour before cooking. The third option is to wrap it in aluminum foil. A quick note about aluminum foil is that even though something is wrapped up good and tight it will still burn. Keep it turning while you grill.

There are many advantages to grilling vegetables. Just like meat, veggies pick up the flavor of the grill, smoke and open flame as they cook (another good reason to make sure your grill is clean and in good working condition). There is also the advantage of being able to prepare everything in one place. When I was a kid I always got sent out to the barbecue to cook up the hamburgers or steaks while mom prepared everything else inside. But there isn't any reason for this. Anything that can be cooked on a stove or in the oven can be cooked on the grill (provided you have the space).

To give you an idea of how to grill vegetables, I've listed a few below with a couple of tricks to making them perfect. Remember to always cook vegetables on a freshly cleaned grill, rubbed with oil.

Asparagus−Cut of ends. Soak in water for 30 minutes to an hour. Place on grill, turning every minute. Remove when tips begin to turn brown.

Bell Peppers−Cut through the middle top to bottom. Remove stems, seeds and whitish ribs. Brush lightly with oil and grill for 2−3 minutes on each side.

Chili Peppers−Brush with oil. Grill whole on each side, 2−3 minutes.

Eggplant−Cut lengthwise or in disks top to bottom. Soak in water for 30 minutes. Pat dry, brush with oil and grill 2−3 minutes.

Mushrooms−Rinse off dirt and pat dry. Brush with oil and grill. 4−5 minutes for small mushrooms, 6−8 minutes.

Onions−Cut horizontally about 1/2 inch thick. Grill 3−4 minutes.

Tomatoes−Cut in half, top to bottom. Grill cut side down 2−3 minutes.

Potatoes−Wash and dry. Rub with oil (vegetable). Wrap in aluminum foil and grill 35−40 minutes, turning occasionally.

Zucchini and small squash−Slice 1/2 inch thickness. Brush with oil and grill 2−3 minutes per side.

BARBECUED ONION RINGS

This goes well with barbecued spare ribs or other meats.

2 medium onions
1/2 lb. melted butter
1/2 C. chili sauce
1/4 C. lightly packed brown sugar
3 T. Worcestershire sauce
1 tsp. Accent®
1 T. grated Parmesan cheese
Dash of Tabasco® sauce

Slice onions into thin rings and place in a casserole dish. Make a sauce by combining remaining ingredients. Simmer the sauce very slowly for 5 minutes. Pour sauce over onion rings and bake at 350ºF until onion is tender, or about 30 minutes. Stir occasionally while baking.

GRILLED ARTICHOKES

Large artichokes
Extra−virgin olive oil
Kosher salt
Freshly−ground black pepper
Lemon halves

Prepare the artichokes by trimming them. In a small stockpot, bring 3 quarts of water to a boil. Cook the artichokes in the boiling water for about 20 minutes, or until the outer leaves will pull away easily with a sharp tug. Drain the artichokes and rinse them in cold water.

Cut the artichokes in half lengthwise. Brush them with olive oil, then sprinkle with salt and pepper. Place the artichokes on the grill, cut sides down. Grill them for about 10 minutes, or until the cut sides are browned. Coat the artichokes liberally with more olive oil, then squeeze the lemons over them. Serve along with a bowl of kosher salt for sprinkling over the artichokes.

GRILLED VEGETABLE FAJITAS

1 medium eggplant, cut lengthwise
into 1/4−inch thick slices
1 medium zucchini, cut lengthwise
into 1/4−inch thick slices
1 medium sweet red bell pepper,
cut into wedges
1 bunch (6) scallions
1/3 C. Southwestern Butter Baste
8 (6−inch) flour tortillas
8 small lettuce leaves
2 C. shredded Monterey Jack cheese
with hot peppers

Lightly brush rack of outdoor grill or broiler pan with vegetable oil. Preheat grill or broiler. Place batches of vegetables on rack 3 to 4 inches from heat; cook until nearly crisp−tender, about 3 minutes. Turn and brush with Southwestern Butter Baste. Cook until crisp−tender, and place on a large cutting board; repeat with remaining vegetables. Slice vegetables into bite−size pieces; place in a serving bowl. Drizzle with any remaining Southwestern Butter Baste; toss to coat.

For each serving: Heat flour tortillas according to package directions. Place two tortillas on an individual serving plate; top each with one lettuce leaf. Place 3/4 cup vegetables and 1/4 cup Monterey Jack cheese down the center of each tortilla. Fold flour tortillas toward center; repeat. Makes 4 servings.

Southwestern Butter Baste
1/4 C. butter
2 T. chopped cilantro
1 tsp. chili powder
1 tsp. salt
1/4 tsp. ground red pepper
2 T. lime juice

In a small saucepan, melt butter. Add chopped cilantro, chili powder, salt and ground red pepper. Cook and stir over low heat for about 2 minutes to blend flavors. Stir in lime juice; remove from heat. Makes 1/3 cup.

MIXED GRILL

4 medium poblano chiles
2 medium red bell peppers
3 medium sweet potatoes, scrubbed,
and cut into 1/2−inch rounds
12 scallions, with green tops intact, trimmed*
4 medium ears corn, husked, silks removed,
cut into 2−inch rounds
1/2 small pineapple, trimmed and cut
into 1/2−inch rounds, coated with oil
18 corn tortillas
2 Mexican limes, cut into wedges
2 C. fresh tomato salsa

Prepare a charcoal grill, allowing the coals to burn until ash−covered with some red still glowing through.

Place chiles and bell peppers in the center of the grill rack directly above the coals and cook for 20 to 25 minutes, turning once or twice, until charred all around. Remove and let cool. Peel and seed all the peppers. Slice into 1/4−inch strips and transfer to a platter. Set aside.

While the peppers char on the grill, arrange sweet potato slices on the rack around the edges of the fire, not directly over the heat. Grill for 15 to 20 minutes, turning once, until golden on both sides and cooked through. Transfer to the platter.

Pace onions in the center of the grill with the bulbs facing in and the tops facing out. Place corn pieces between the onions wherever you find room for them, but not directly over the coals. Grill onions and corn, turning once, until the onions are singed, but not burned, and the corn is tender, about 12 to 15 minutes. When done, transfer the onions and corn to the platter with the other vegetables.

When there is room on the grill rack, add pineapple slices, slightly to the edge of the coals — not directly over them. Cook, turning once, 6 to 8 minutes, or until the slices are somewhat soft and nicely charred but still moist. Transfer to the platter.

Place tortillas on the grill and lightly toast on both sides, about 4 minutes altogether.

Arrange all vegetables on a serving platter and pour the collected juices from the kitchen platter over the top. Tuck lime wedges in and around the vegetables. Serve immediately, accompanied by tortillas and salsa on the side.

* Leeks may be substituted for the scallions.

SILVER CITY MUSHROOMS

Bake these mushrooms on an outdoor grill in a foil pan or in a double thickness of heavy−duty foil.

2 oz. soft white cheese, such as
farmer or Monterey Jack
2 oz. butter
1/2 tsp. minced garlic
2 tsp. Mexican lime juice
1 T. chopped cilantro leaves
Salt and pepper, to taste
1 lb. large fresh mushrooms

Combine all ingredients except mushrooms in a small bowl. Remove stems from mushrooms. Wipe mushrooms with a damp cloth to clean. Fill mushroom centers with mixture. Place mushrooms in a small foil pan that you have coated with nonstick spray, cover with foil, and grill for 20 minutes until soft. Or bake in a preheated 350ºF oven for the same amount of time.

SWEET CORN WITH LIME BUTTER

Soak whole, unshucked ears of corn in water for a few hours or overnight. Place them over charcoal or in the ashes of a barbecue pit. Rotate the ears about every 5 minutes to avoid burning on one side. They will be ready in about 30 minutes, when the husks are beginning to scorch on all sides and the interior is steaming.

Lime Butter
1 1/2 sticks butter, softened
2 T. fresh Mexican lime juice
Salt, to taste

Mash butter and lime juice together with a fork. Add salt and blend